

HEARING

NOISE-INDUCED HEARING LOSS (N-IHL) is damaged hearing due to excessive exposure to loud sounds. N-IHL is caused by both the intensity of the noise and the length of time that a person is exposed to that noise. Symptoms of N-IHL include ringing in the ears and the inability to understand speech.

Preventing N-IHL

- Try to avoid noise when possible
- Lessen the intensity of noise: turn down the volume and/or use hearing protectors
- Use hearing protection when you are using loud tools (like power tools or lawnmowers), or when using snowmobiles, motorcycles, etc.

What's the volume of everyday things?

Conversation at home – 50 dB

Vacuum cleaner – 70 dB

Dishwasher, average factory – 80 dB

Busy street – 90 dB

Lawnmower, motorcycle, jackhammer,
garbage truck – 100 dB

Live rock music – 120 dB

Exposure guidelines

88 dB	4 hours
91 dB	2 hours
97 dB	30 minutes
100 dB	15 minutes
109 dB	less than 2 minutes
115 dB	less than 30 seconds

By using proper Ear Protection, N-IHL is 99% preventable.

And Remember: If you have to raise your voice above the noise level, the noise is too loud!

Sources: www.caslp.ca; The Globe and Mail; www.dangerousdecibels.org