Hearing Hazards

Noise can rob you of your hearing.
Watch out for two kinds of hearing hazards:

Very loud noises...

These can damage hearing quickly. They include such noises as:

- engines
- car / vehicle horns
- aeroplanes
- jackhammers

Moderately loud noises over a long period of time...

These can damage hearing if you're around them often. They include many power tools involved in:

- sanding
- woodworking
- drilling

They also include:

- loud music
- traffic
- some loud vacuum cleaners and other machinery

What you can do...

- Find out the noise level of your workplace - anything above 85 decibels over 8 hours requires protection.
- Protect yourself with earplugs or earmuffs.
- Give yourself quiet time each day.
- Get your hearing tested regularly.

Don't wait until you notice hearing loss. It's too late by then.