

HEARING PROTECTION

Damage to hearing generally occurs gradually over a number of years and may remain unnoticed until it is too late.

Exposure to excessive noise is cumulative. If you have already been exposed to excessive noise at work and then expose yourself to more noise during hobby or leisure activities like hunting, your chances of sustaining noise induced hearing loss are substantially increased.

Noise induced hearing loss is slow and painless and is permanent. There is no cure but it **can be prevented**.

Some indicators that your hearing may be at risk are:

- you have to raise your voice in a noisy workplace when you are talking to someone about one yard away from you
- your hearing sounds dull at the end of the working shift
- you or other workers experience ringing in the ears during work

Hearing can also be damaged immediately by exposure to impulsive noise such as from explosions.

As we get older our ability to hear high pitched sounds deteriorates naturally, but with exposure to too much noise, the ability to hear high pitched sounds is greatly decreased. People with noise induced hearing loss often say that they can hear someone talking but cannot understand them as they can no longer hear the high pitched letters like S and T.

Make sure you do your part in protecting your hearing. Use ear plugs or muffs in all areas designated for their use, at all times. If you have questions about noise levels, talk to your supervisor.

Take care of your ears and they'll take care of you.

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