



AMERICAN
SPEECH-LANGUAGE-
HEARING
ASSOCIATION
1-800-638-8255



FACTS ABOUT NOISE-INDUCED HEARING LOSS:

- Noise-induced hearing loss is often gradual, and therefore hard to detect. Unfortunately, this type of hearing loss is also often permanent.
- Everyday noises can contribute greatly to hearing loss.
- Because of noise in our society, hearing loss is appearing much earlier in life than just 30 years ago.
- Some causes of noise-induced hearing loss are so much a part of our daily lives that we fail to recognize them as a risk to our hearing health.
- Ears cannot adjust to extremely loud or painful noises. So, if you feel that you've adjusted to a loud noise, you are probably experiencing hearing loss.
- In addition to damaging hearing, researchers know that noise can cause stress-related health problems such as elevated blood pressure, fatigue, reduced sleep, increased frustration and even difficulty in concentrating.

HOW DO YOU KNOW WHEN NOISES ARE TOO LOUD?

There are three things to consider about noise: How loud, how long and how close it is. Noises in excess of 85 decibels are considered by qualified audiologists to be in the danger zone for hearing health.

- You can't hear someone three feet away.
- You have pain in your ears after leaving a noisy area.
- You hear a ringing or buzzing in your ears immediately after exposure to a noise.
- You have difficulty understanding speech; that is you can hear people talking but you can't understand them.
- You must raise your voice to be heard by a person with normal hearing.
- Speech sounds muffled or dull.

WHAT DO YOU DO WHEN NOISES ARE TOO LOUD?

- The best way to avoid noise-induced hearing loss is to work on prevention early in life.
- Eliminate unwanted noise.
- Keep television, stereo and radio at a low or moderate volume.
- Limit the amount of time you are exposed to loud noises.
- Use household appliances that operate quietly.
- Protect your hearing with devices such as earplugs when operating loud equipment or spending time in a noisy environment.

FOR FREE INFORMATION
ON HAZARDOUS NOISE:

Action Center
American
Speech-Language-
Hearing
Association

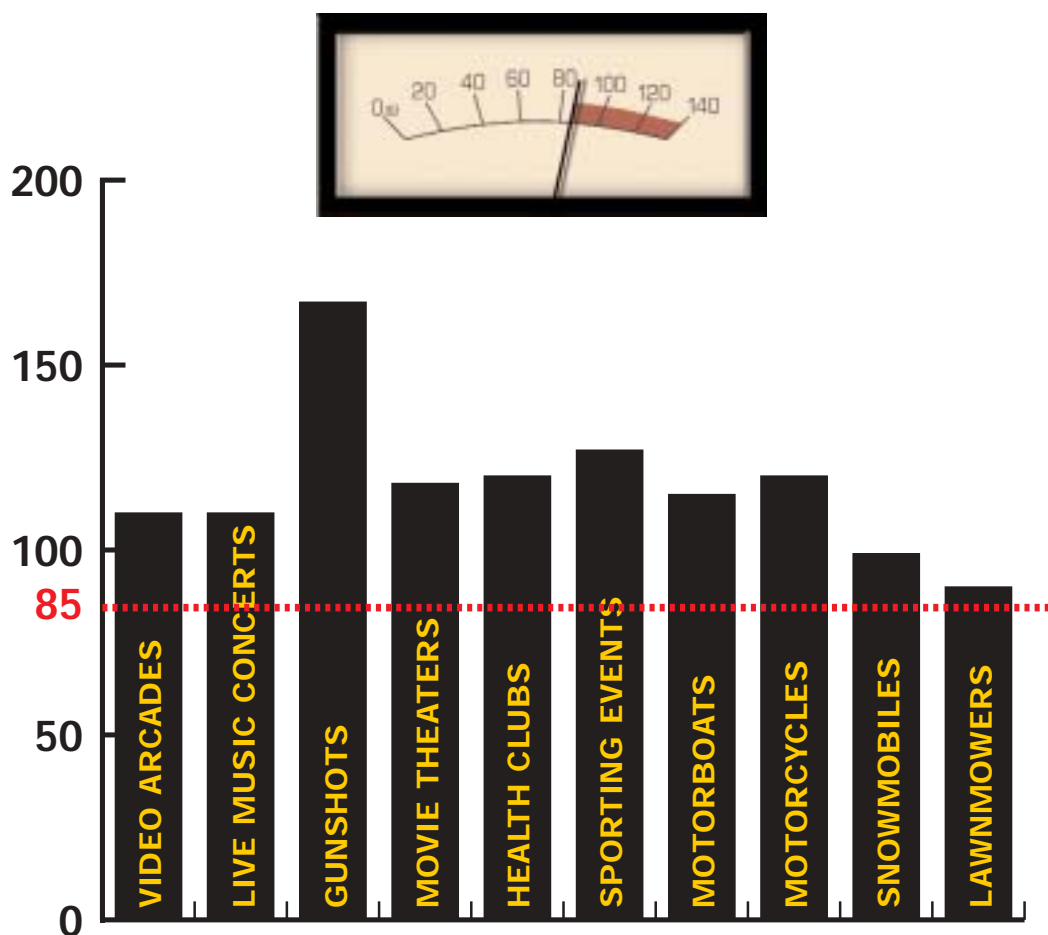
10801 Rockville Pike
Rockville, MD 20852

800-638-8255

www.asha.org

WHEN ARE NOISES TOO LOUD?

COMMON NOISES THAT EXCEED THE 85-DECIBEL DANGER ZONE



Video arcades	110 dB	Sporting events	127 dB
Live music concerts	110 dB and up	Motorboats	85-115 dB
Gunshots	150-167 dB	Motorcycles	95-120 dB
Movie theaters	118 dB	Snowmobiles	99 dB
Health clubs / aerobic studios	120 dB	Lawnmowers	90 dB

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