



Protect Your Hearing – You Can't Replace It!

Hearing loss is the partial or total inability to detect sound in one or both ears. It can be caused by aging, ear infections, damage to inner ear hair cells, or repeated exposure to loud noise at work or at home. Noise-related hearing loss is permanent – but it is preventable.

When exposed to loud sounds, protect yourself by wearing proper hearing protection such as earplugs or approved earmuffs. PPE may sometimes feel inconvenient or uncomfortable, but it protects your long-term health.

What's truly uncomfortable is not hearing conversations at the dinner table – or missing the voice of a child speaking their first words.

When Is Hearing Protection Needed?

- **85 decibels (dB) or higher:** Hearing protection is strongly recommended.
- **90 decibels (dB) or higher:** Hearing protection is required in the workplace.

A dBA is a weighted scale for judging loudness that corresponds to the hearing threshold of the human ear. Many everyday noises can reach harmful levels faster than you might expect:

- **Refrigerator:** 40–43 dBA
- **Microwave:** 55–59 dBA
- **Normal conversation:** 55–65 dBA
- **Clothes dryer:** 56–58 dBA
- **Printer:** 58–65 dBA
- **Alarm clock:** 60–80 dBA
- **Phone:** 66–75 dBA
- **Garbage disposal:** 76–83 dBA
- **Electric can opener:** 81–83 dBA
- **Vacuum cleaner:** 84–89 dBA ⚠️ (approaching harmful levels)
- **Coffee grinder:** 84–95 dBA ⚠️
- **Lawn mower:** 88–94 dBA ⚠️ (hearing protection recommended)
- **Air compressor:** 90–93 dBA 🔊 (hearing protection required)

Even common tools and equipment can exceed safe noise levels — use protection whenever needed.

Hearing Loss: Facts You May Not Know

Untreated hearing loss can:

- Increase risk of **cognitive decline** and dementia

- Negatively affect **social and emotional well-being**
- Cause greater mental, physical, and emotional exhaustion
- Increase stress and ongoing fatigue
- Create barriers to communication and lead to missed instructions
- Increase risk of social withdrawal and depression
- Affect men nearly twice as often as women
- Be hereditary and run in families

Take Action: Protect your hearing every day — at work and at home. Use proper hearing protection, follow workplace requirements, and speak up if noise levels seem unsafe.

Protect your hearing today so you can hear what matters tomorrow.

