

Hearing Conservation

Protect your hearing! You can never regain hearing loss. Hearing loss not only prevents you from understanding others, it also causes physical and mental strain.

Hearing loss is a normal part of getting older. Not all hearing loss is from exposure to loud noise. You can expect to lose about one-half of your hearing by the time you reach sixty-five years of age.



Any high noise level can damage your hearing permanently.

The louder the noise and the longer the exposure to it, the more likely hearing loss is. Be cautious around power tools, machinery, firearms, loud music, and more!

Smart Safety Tips!

- Use hearing protection in areas with noise levels greater than 85 decibels
- Use hearing protection when operating power saws, impact tools, etc
- Replace worn or broken hearing protection immediately
- Keep your hearing protection clean
- Inspect hearing protection before use
- Ask your supervisor if you need replacements
- If hearing protection is uncomfortable, ask your supervisor
- Use hearing protection off the job



Hearing protection (such as headphones or earplugs), must be clean, free of damage, and properly fitted to be effective.

