“SAY THAT AGAIN?”
EVERYDAY SOUNDS AND HEARING LOSS

WHAT IS NOISE-INDUCED HEARING LOSS?
When sound is too loud (above 70 dBA) for too long it can cause permanent damage causing noise-induced hearing loss (NIHL).
If the sound is loud enough (above 100 dBA) damage can occur very quickly.
Even at lower volumes, damage can occur over prolonged exposure (like listening to loud music through headphones for too long).

EVERYDAY NOISE: HOW LOUD IS TOO LOUD?

120 dBA LIMIT EXPOSURE TO 5 MINUTES
100 dBA LIMIT EXPOSURE TO 15 MINUTES
70 dBA SAFE LISTENING

 Whisper  Quiet Room  Office Noise  Conversation  Hair Dryer  City Traffic  Lawn Mower  Chainsaw  Rock Concert  Jet Takeoff  Firecrackers

HOW DOES NOISE DAMAGE MY EAR?
Tiny sensitive inner ear hair cells are damaged by loud sound. This damage is experienced as hearing loss.

WHAT DOES HEARING LOSS SOUND LIKE?
For people with hearing loss, speech may sound muffled or distorted which can make understanding similar sounding words difficult.

Q: ARE YOU HERE THURSDAY?
A: YES, I AM VERY THIRSTY!

HOW CAN I RAISE AWARENESS?

SUPPORT PUBLIC HEALTH CAMPAIGNS
ADVOCATE FOR LOWER VOLUME IN PUBLIC
KNOW THE FACTS ABOUT NIHL
EDUCATE OTHERS AND SPREAD THE WORD

CUTTING EDGE RESEARCH!
Noise-induced hearing loss is permanent! But scientists and researchers are working on ways to repair NIHL damage.

GENDER THERAPY
ANTIOXIDANTS (PROTECTION)
REGENERATION STUDIES

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