



# Hanover County Safety & Risk Management Communication

## Safety & Risk Tip of the Week:

Hearing protection is for everyone! There is no cure for hearing loss. The good news? You can prevent hearing loss by protecting your hearing.

Do you use your music, your show, or a podcast to shut out the noise around you? Be cautious; hearing loss is real. A volume that lets you hear someone a few feet away is a safer way to go. Workers who are exposed to high levels of noise can suffer permanent hearing loss and then sometimes not even surgery or a hearing aid can help. In addition, even repeated exposures to loud noise for just short periods of time can add up to permanent damage to hearing.

## Hearing Conservation Tips:

Think you are aware of how to protect yourself? When it comes to hearing loss, we can all think of the usual suspects: attending sporting events, entertainment venues, and loud concerts. Volume isn't the only factor to consider. Noise exposure is cumulative. Practice safe listening at home and at work by reducing exposure to high noise environments and devices.

How do you know if a noise is too loud? A general rule of thumb is if you need to shout to make yourself heard, the noise is too loud!

Signs that you may have hearing loss include

- Difficulty hearing high-pitched sounds (e.g., doorbell, telephone, alarm clock)
- Difficulty understanding conversations in a noisy place.

Ways to protect your hearing include:

- Turning down the volume
- Taking periodic breaks from noise – give your ears a rest!
- Using hearing protection, such as earplugs and hearing protection earmuffs.

If the use of Hearing Protection either at work or at home is necessary, keep the following in mind:

- Never improvise hearing protection by stuffing cotton, tissue, wax or other items into your ears. Items can get stuck in the ear canal and in severe cases puncture the ear drum.
- When choosing hearing protection, consider the employee's hearing needs on the job, their current hearing ability, convenience, ease of use, the work environment and the compatibility with any other PPE the worker may need to wear.
- Where noise levels are extremely dangerous or potential impact noise levels are present workers may have to wear two layers of hearing protection such as a combination of ear plugs and ear muffs.

**[It's a noisy world! Protect your hearing](#)**

## Safety & Risk Fact of the Week:

About 18% of adults aged 20-69 have speech-frequency hearing loss in both ears from among those who report 5 or more years of exposure to very loud noise at work.



## Safety & Risk Spotlight:

The month of October is National Protect Your Hearing Month! Below are resources available to share with co-workers, friends and family to help reduce the potential for hearing loss:

- [Explore Sound – Acoustical Society of America](#)
- [It's a Noisy Planet! – National Institute of Health](#)
- [National Protect Your Hearing Month - NIOSH](#)