

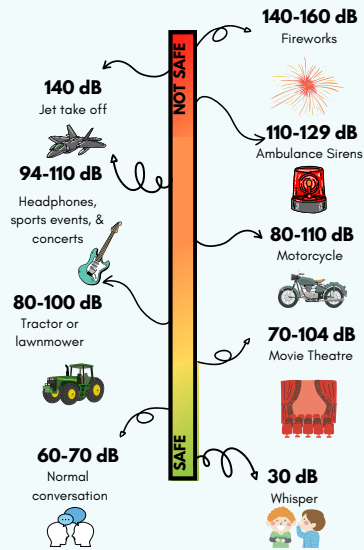
MAY 16

# BETTER HEARING & SPEECH MONTH

## HOW LOUD IS TOO LOUD?

Sound is measured in decibels (dB). The higher the decibel, the more dangerous to your hearing. Sounds above 85 dB can cause hearing loss. The more you expose your ears to loud sounds, the quicker it can damage your hearing.

- Sounds at or below **70 dB** are generally considered **safe**
- 8 hours at **85 dB** can **damage** your hearing
- 14 minutes at **100 dB** can **damage** your hearing
- 2 minutes at **110 dB** can **damage** your hearing



## WHY SHOULD I PROTECT MY HEARING?

- Noise-induced hearing loss:
  - Can build up over the course of your life
  - Is **PERMANENT**
  - Is **PREVENTABLE**
- You only get one pair of ears, take care of them !

## I CAN PROTECT MY HEARING BY...

- Turning the volume down
- Walking away from the loud noise
- Taking breaks from the noise
- Avoiding loud, noisy activities and places
- Using hearing protection like ear plugs or ear defenders

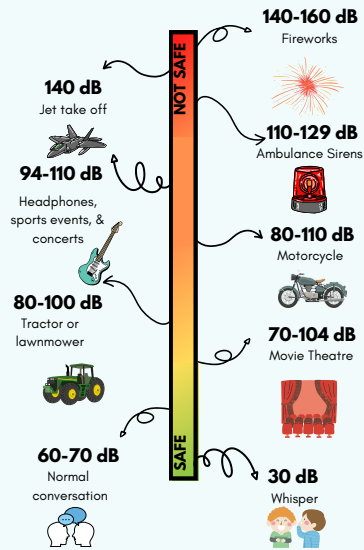
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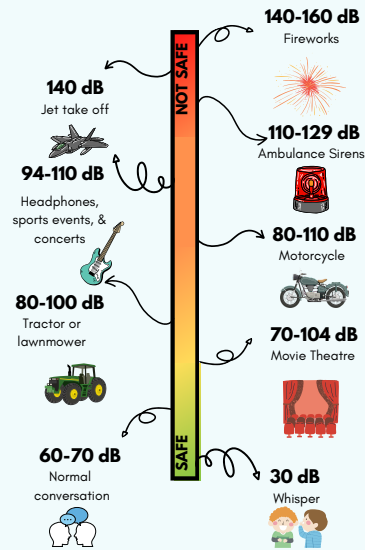
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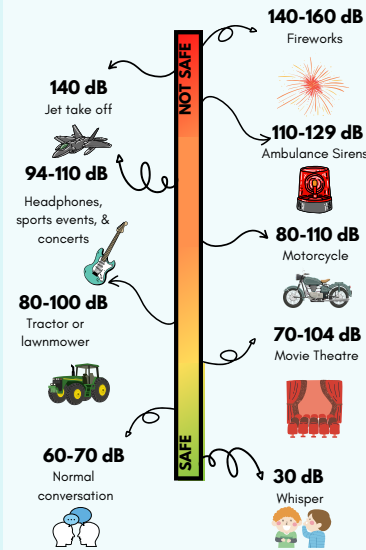
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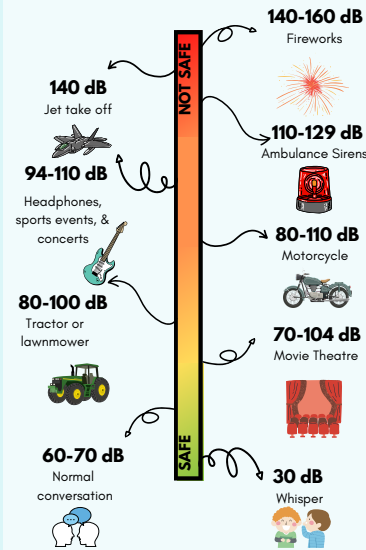
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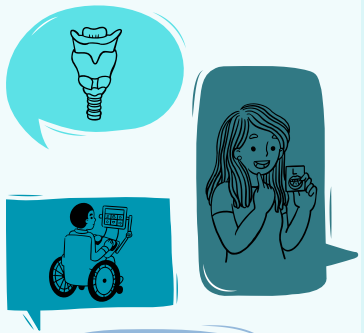


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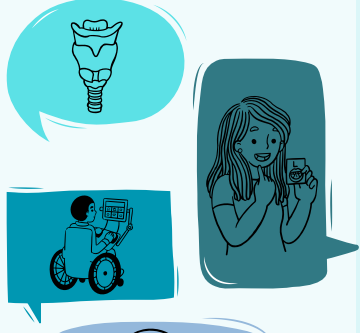
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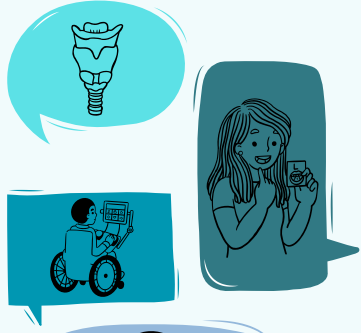
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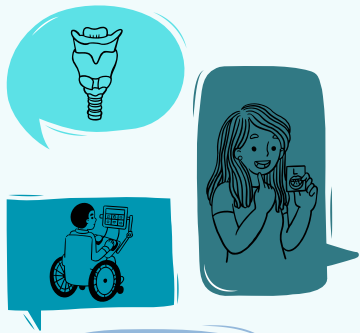
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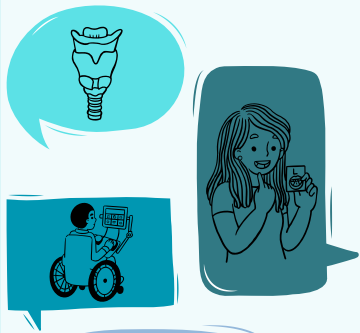
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