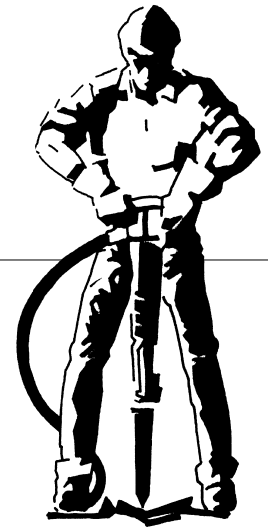


Hearing Hazards



**Noise can rob you of your hearing.
Watch out for two kinds of hearing hazards:**

Very loud noises...

These can damage hearing quickly.

They include such noises as:

- ◆ gunfire
- ◆ jet engines
- ◆ automobile horns
- ◆ jackhammers



**Moderately loud noises
over a long period of time...**

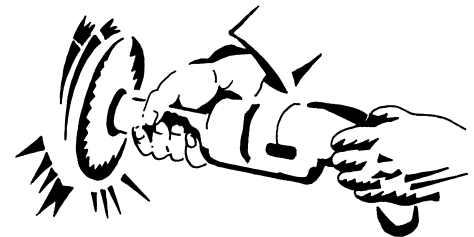
**These can damage hearing if you're around them for
four to eight hours or if you are around them often.**

They include many power tools involved in:

- ◆ sanding
- ◆ woodworking
- ◆ drilling

They also include:

- ◆ loud music
- ◆ subway or railroad noises
- ◆ some loud vacuum cleaners and other machinery



What you can do...

- ◆ Find out the noise level of your workplace—anything over 85 decibels requires protection.
- ◆ Protect yourself with earplugs or earmuffs.
- ◆ Give yourself quiet time each day.
- ◆ Get your hearing tested regularly.

Don't wait until you notice hearing loss. By then it's too late.

PERSONAL PROTECTION