

**Hearing Loss  
Can Lead to:**

- Constant ringing in the ears
- Partial to full deafness
- Difficulty hearing conversations on radio
- Difficulty hearing conversations in groups
- Need to use hearing aids
- Increased stress or fatigue
- Reduced productivity and safety
- Social isolation and depression

**The recommended response to stop hearing loss is to fix the noise source. If this is not practical, then you need to use ear plugs or ear muffs whenever noise is 85 decibels or more. A handy rule of thumb is to think about this as the level when you have to shout to be heard by someone a few feet away.**

**Hearing Loss  
is one of the easiest hazards  
to protect against**

*You can begin to save your hearing to-day even if you have experienced some hearing loss by using:*

***Formable Foam Plugs***

*These are compressed in the fingers and then they gently expand when inserted in the ear.*



***Earmuffs***

*These hard plastic earcups are lined with sound absorbing foam or oil filled bags with an adjustable head band.*

***Plugs and Muffs are:***

- Comfortable***
- Simple***
- Inexpensive***
- Convenient***
- Effective***

***It's never too late to start!***

**Did you know that  
Auto Repair Workers  
are at high risk  
for occupational  
hearing loss?**



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**Auto Repair Workers  
are at High Risk for  
Hearing Loss!**

Hearing gets worse as you get older but if you protect your hearing, you can delay hearing impairment until at least your 60's. By the age of 25, auto repair workers who do not protect their hearing will have the hearing of a 60 year old who has had a quiet job or protected their hearing.

After you leave work, if your ears are ringing or sounds seem dull or flat, then you were exposed to damaging levels of noise.

**Hearing Loss is Permanent  
and Irreversible!**

Hearing loss can occur from a single, loud, explosive sound or from prolonged daily exposure to high levels of noise.

Most of the power tools common to auto repair and bodywork - disk sanders, impact wrenches, running engines, shopvacs, grinders, sandblasters, car horns, electric drills - create enough noise to cause hearing damage over time.

Hearing aids will not completely reverse hearing loss and will not stop the constant ringing in the ears caused by hearing loss.

**Become Aware of the Risks:**

The National Institute for Occupational Safety and Health (NIOSH) recommends the maximum noise level should be limited to **85 dB(A)** for 8 hours of exposure. This is the same level at which the Occupational Safety and Health Administration (OSHA) requires a hearing conservation program.



dB(A) readings from a decibel meter for the following sources of damaging noise:



**85 dB(A)  
Shopvac**



**95 dB(A)  
Electric Drill**

**90 dB(A)  
Impact Wrench**



**90 dB(A)  
Disk Sander**

**190 dB(A)  
Running Engine**



**110 dB(A)  
Auto Horn**