Q. What Should I Do About My Hearing Loss?

A.

• It is never too late to protect your hearing even if you already have hearing loss. You want to protect what hearing you still have by using protection when around excessive noise.

• If you continue to be exposed to excessive noise and the transmission of sound is permanently altered, your hair cells are damaged and the transmission of sound through a delicate balanced system to the brain is interfered with. The brain then sends an electrical impulse to the auditory nerve to send your ear receptors sound waves and sends signals to the brain.

Source of Noise

www.cdc.gov/niosh/topics/noise/cmp.html

Q. What Sounds Cause Hearing Loss?

A.

• The loudness of sound is measured in units called decibels. Hearing loss occurs with exposures of 85 decibels or greater.

• Employers are required to provide a hearing conservation program consisting of measuring sound levels and providing hearing protection and hearing testing.

• If you have been given this brochure, you have been given this brochure because your health practitioner suspects that noise at work has significantly contributed to a loss in your hearing.

Questions and Answers

Q. How Does Noise Cause Hearing Loss?

A.

Your ear receives sound waves and sends neural signals to the brain. The brain then sends an electrical impulse to the auditory nerve to send your ear receptors sound waves and sends signals to the brain.

Exposure can be from:

• A one-time exposure to extremely loud noise.

• Repeated or long exposure to loud noise.

• Extended exposure to moderate noise.

Your employer does not provide hearing protection.

If your employer does not provide hearing protection:

• If yourNoise and exposure are above the level of the noise to which your employee is exposed, then you may be entitled to compensation.

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It is important to note the amount of protection listed on the hearing protector package is under ideal situations and is not achievable with normal use in your home or in your workplace. Therefore, the main consideration is to find a hearing protector that is comfortable to wear and convenient to use. It may take some trial and error to find a protector that meets your needs. There are over 200 styles available. So find a protector you like and wear it every time you are in hazardous noise.

Monitor your hearing loss with an annual hearing test.

Ask your health care provider if a hearing aid or other treatment would help your hearing.

Michigan State University has been asked by the Michigan OSHA (MIOSHA) program to keep track of how many people in Michigan are getting hearing loss from noise at work. The information is used by the MIOSHA program as part of their strategic plan to reduce excessive noise levels and prevent hearing loss among Michigan workers.

To help Michigan State University with this important health project, please contact MSU and be ready to supply the following information:

• The employer where you were exposed to noise.
• The years you worked for this employer.
• Did the employer provide you hearing protection?
• The years you worked for this employer.
• The employer where you were exposed to noise.

For more information, contact:

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