Q. What Sounds Cause Hearing Loss?

A. Diagnosing noise to your ears.

Exposure to extreme noise levels can cause hearing damage to your ears.

- Permanent hearing protection.
- Excessive noise.
- Repeated or long exposure to loud noise.
- One-time exposure to extremely loud noise.

Exposure can be from:

- Noise at work
- Household noise
- Overuse of earbuds or headphones
- Other sources of loud noise

Q. How Does Noise Cause Hearing Loss?

A. Your ears receive sound waves and sends

Exposure can be from:

- Permanent hearing protection.
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Exposure can be from:

- Noise at work
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Q. What Should I Do About My Hearing Loss?

A. It is never too late to protect your hearing.

If you are exposed to noise at work or at home, you should:

- Wear hearing protection when you are exposed to loud noise.
- Use earplugs or ear muffs to reduce noise.
- Consult with your health care provider about hearing aids or hearing protection.

Q. What Would I Do About My Hearing Loss?

A. It is never too late to protect your hearing.
It is important to note that the amount of protection listed on the hearing protector package is under ideal conditions and is not achievable with normal use in your home or 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 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 is the right treatment for you. Discover if other treatments could help your hearing. If you have any hearing loss, make it a priority to wear hearing protectors. Your employer should have provided you with hearing protectors. The years you worked for this employer can impact your hearing loss. If you or someone you know is not using hearing protectors, please contact MSU to report this.