

**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 farm  
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  
FARMERS  
suffer more  
HEARING LOSS  
than other occupational  
groups?**



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**75% of all farmers suffer some degree of hearing loss compared to only 10% of the general public**

A recent study at Northern Illinois University found that in farm communities 92% of males and 66% of females have lost some level of hearing.

Agricultural workers are a high risk group where hearing loss is concerned. There is documented hearing loss in farmers. Over 25% experience hearing loss by age 30 and over 50% by age 50.

**Hearing Loss is Permanent and Irreversible!**

Damage not only comes from a single, loud, explosive sound, but also from prolonged daily exposure to high levels of noise.

The constant chirp of a squeaky ventilation fan, a vibrating milking house pump, an old grain dryer motor in need of lubrication and even farm animals can 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 if there are paid employees.



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



**120 dB(A)  
Chainsaw**



**110 dB(A)  
Grain Dryer**



**100 dB(A)  
Tractor without  
Sound proof cab**

Even tractors with enclosed cabs can have noise levels above 85 dB(A). **A cab without** vibration mounts, not being tightly closed, and without soundproofing covering material inside **can actually be worse than no cab at all.**



**90 dB(A)  
Harvester**



**100 dB(A)  
Bench Grinder**