

# Protect Your Hearing

Once permanent hearing damage occurs, it can't be reversed.



# Protect your hearing from noise



Hearing loss is a gradual and normal part of the aging process. However, excessive noise is still the primary cause. Permanent hearing loss can occur almost instantly with unprotected exposure to certain sounds. The consequences of this damage are high-frequency hearing loss, difficulty hearing in noise, and/or tinnitus.

## *How to Avoid Excessive Noise:*

- Wear hearing protection if the sound level around you exceeds 85db
- Lower your TV and music volume – especially if you use headphones or earbuds
- Wear custom noise filters or solid earplugs when you go to concerts, nightclubs, stadiums and other loud places
- Use noise-cancelling headphones or other ear protection when using noisy equipment such as drills, lawnmowers, saws, etc.

# What are decibels?

Decibels (dB) measure the intensity of sound: from -10dB, which is the faintest sound the human ear can detect, to the noise of a rocket during launch, which can exceed 180dB. Experts typically consider exposure of 85dB or greater to be dangerous.

**140+dB**

Jet engine  
takeoff,  
gunshot

**120dB**

Rock concert

**100dB**

Motorcycle,  
chainsaw, MP3  
player (at full  
volume)

**90dB**

Lawnmower,  
truck traffic

**80dB**

Hair dryer,  
vacuum cleaner



Hearing protection  
should be worn when  
engaging in activities  
above 80 decibels.

How Loud Noise  
Measures Up in Your World

Adapted from: NOOSH 1996, 2004, 2008 Sight & Hearing Association

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## Types of Hearing Protection:



**FOAM EARPLUGS** – a non-custom, one-time use, one-size-fits-most form of protection that is the most widely recognized and used.



**CUSTOM EARPLUGS** – custom fit to the contours of a person's unique ear. They last for an extended period of time and can be used in a variety of noisy situations.

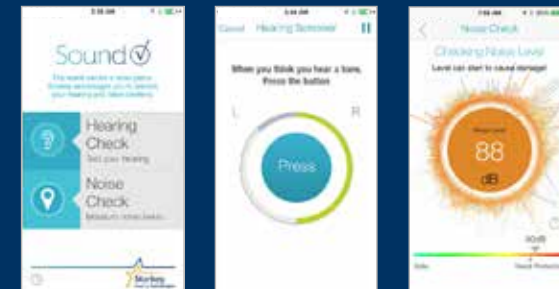


**ELECTRONIC HEARING PROTECTION** – digital products that feature high-definition sound enhancement and automatic noise suppression – so you hear the important sounds around you without the loud, harmful noises.

# Check your noise levels



Just how loud is that restaurant? **SoundCheck** is a hearing screener and sound level meter app that allows you to measure environmental noise levels.



*For more information about hearing protection, visit [starkey.com/hearingprotection](http://starkey.com/hearingprotection) or talk to your clinician.*

The  
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Hearing  
Company**



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