

# Safeguard Your Hearing



Tinnitus is a ringing or other sound in the ears when no external sound occurs. Noise exposure is the main reason for hearing problems.

DECIBELS (DB) OF SOUND	
Type of Sound	dB
Whisper	30
Normal talking	60-70
Busy street	80
Repeated exposures $\geq$ 85 dB can lead to hearing loss.	
Hair dryer or lawnmower	90
Motorcycle riding over 35 mph	100-116
Rock concert	110-120+
Ear pain begins at 125 dBs	
Jet take off	135
One time exposure > 140 dB can lead to permanent hearing loss.	
Firearms	140-170

## CAUSES

Hearing problems can be from:

- A one-time exposure to an extreme noise, such as an explosion or blast
- Repeated exposure to loud noise(s), such as gunfire, motorcycles, and loud music
- Trauma and injury
- Age-related hearing loss (presbycusis)
- Buildup of ear wax
- Medications, such as too much aspirin and antimalarial drugs.

## PREVENTION

- Limit exposure to loud noises, such as loud music and motorcycles.
- Wear ear protection when you are exposed to loud noises.
- Ask if medicines you take could cause hearing problems.
- Do not stick objects into your ear. This includes cotton-tipped swabs.

