
Nursing Matters

Cache County School District Nursing Department

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Noise induced hearing loss (NIHL) occurs when tiny sensory hair cells in our inner ears are damaged by sounds that are too loud and that last for too long. But how loud is too loud, and how much time is too long? The answers are related: the louder the sound, the shorter the time before damage can occur.



Your distance from the source of the sound and the length of time you are exposed to the sound are important factors in protecting your hearing. A good rule of thumb is to avoid noises that are too loud, too close, or last too long.



It's a NOISY
Planet...
Protect your
hearing!

How Loud is TOO LOUD?

How Long Is TOO LONG?

How is sound measured?

Sound is measured in units called decibels. Decibels

begin at:

0=Silence

30=Whisper

60=Conversation

95=Motorcycle

105=MP3 player @max

120=Sirens

150=Firecrackers/firearms

An increase of 10 means that a sound is ten times more powerful-sounding twice as loud.

Can NIHL be prevented?

NIHL is the only type of hearing loss that is completely preventable. If you understand the hazards of noise and how to practice good hearing health, you can protect your hearing for life. Here's how:

- *Know which noises can cause damage
(those at or above 85 decibels)
- *Wear earplugs or other protective devices when involved in a loud activity.
- * If you can't reduce the noise or protect yourself from it, move away from it.
- *Protect the ears of children who are too young to protect their own.
- *Make family, friends, and colleagues aware of the hazards of noise.
- *Have your hearing tested if you think you might have hearing loss.

Even a small amount of hearing loss can have a profound, negative effect on speech, language comprehension, communication, classroom learning, and social development.

Many devices that children and teens use have high decibel levels...

Check their toys and surroundings for noise pollution.

Monitor the level of MP3 players-discourage use of ear buds.

This is the perfect time to add some **SPRING** to your step...
Increase your steps for health...