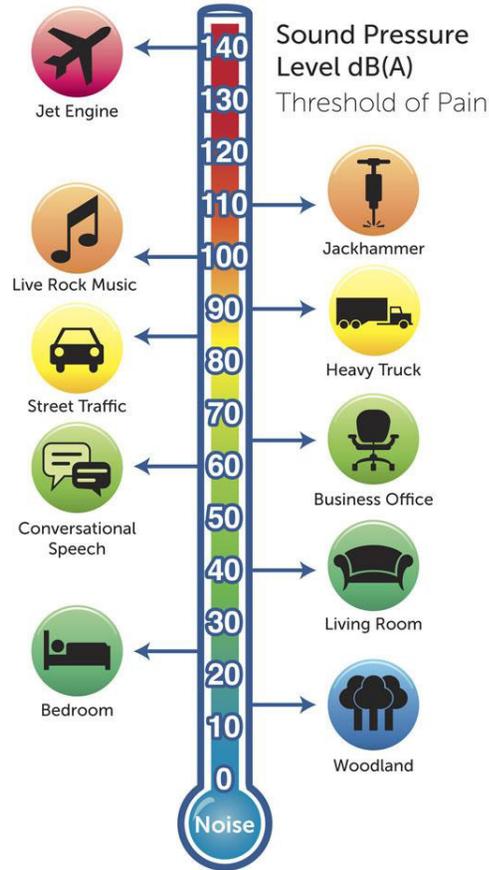


How Loud is *too loud?*

NOISE THERMOMETER



REMEMBER THE FOLLOWING:

85dBA = 8 hours 100 dBA = 15 minutes
 88 dBA = 4 hours 103 dBA = 7.5 minutes
 91 dBA = 2 hours 112 dBA = 1 minute
 127 dBA = <1 second

ACCORDING TO NIOSH STANDARD

Conserve hearing by wearing hearing protection when noise levels exceed 85 decibels.

PROFESSIONAL HEARING SERVICES

Division of Moreland Ear, Nose and Throat Group, Ltd.

If you are interested in custom hearing protection, the wait time is approximately two weeks from time of order until the time of pick-up.

Call the office today to schedule an appointment, or email us at: audiology@professionalhearingsservices.com

If you are having trouble hearing you should have it tested.

Resources:
 Additional information can be found on the following websites that offer consumer-friendly & accurate information.
 Professional Hearing Services:
www.professionalhearingsservices.com
 National Institute of Health:
<https://www.nidcd.nih.gov/health/noise-induced-hearing-loss>
<https://www.noisyplanet.nidcd.nih.gov/>
 Dangerous Decibels
<http://dangerousdecibels.org/>

1111 Delafeld St. Suite 102, Waukesha
 240 Maple Avenue, Mukwonago
 1185 Corporate Center Drive, Oconomowoc
 (262) 549-5150
www.professionalhearingsservices.com

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PROTECT YOUR EARS FROM NOISE INDUCED *hearing loss*



PROFESSIONAL HEARING SERVICES

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what is

NOISE INDUCED HEARING LOSS?

Noise induced hearing loss (NIHL) is caused by sounds that are too loud which damage the delicate structures of the inner ear. If you are having trouble hearing, please call us today to schedule an appointment.



HOW WE HEAR:

Soundwaves are collected by the outer ear and travel down the ear canal to vibrate the eardrum. These vibrations move the bones of the middle ear and transmit sound to the cochlea, the organ of hearing. Tiny hair cells inside the cochlea are activated by the vibrations. These hair cells are responsible for sending the signals to the brain where they are interpreted as sound.

HOW DAMAGE OCCURS:

Constant exposure to loud sounds or a one-time exposure to a very loud sound damages the delicate hair cells, resulting in permanent noise induced hearing loss (NIHL). Sounds at or above 85 dBA are loud enough to cause hearing loss. The louder the sound, the shorter amount of time it takes for NIHL to occur. The good news is that NIHL is the only type of hearing loss that can be PREVENTED!

TYPES OF NOISE EXPOSURE

OCCUPATIONAL:

Farming, construction, manufacturing, tradesmen, dentistry, military, factory, and air traffic control are some occupations that are at high risk for NIHL.

HUNTING:

Most firearms produce dangerous noise levels from 140-175 decibel. At those levels, it only takes a **single** gunshot to cause permanent NIHL.

RECREATIONAL:

Hobbies like car racing, remodeling, snowmobiling, motorcycling, wood working, or mowing the lawn all reach dangerous noise levels.

MUSIC:

Playing an instrument, singing in a band or choir, or listening to live music could place you at risk for NIHL. It is strongly recommended to wear hearing protection that is designed for music to maintain its fidelity.

HEADPHONES & EARBUDS:

The use of headphones is on the rise. The risk of exposure to potentially damaging levels is higher than you may think. Especially if you are using these devices in the presence of background noise. Consider limiting the volume to 50-60% of maximum when listening. A noise canceling headphone will allow for safer listening levels than those without. Over the ear options generally safer than earbuds. Listening for shorter periods of time and giving your ears a break also reduces risk.

HEARING PROTECTION

	Foam earplugs: Affordable, portable, disposable, and easy to find. Any noise exposure.
	Earmuffs: Affordable, reusable, and very effective. Lawn mowing, construction, power tools, etc.
	Foam + Earmuff: Doubling up is great for added protection. Recommended for the shooting range and very loud exposure
	Custom Plugs: Small investment for reusability and custom fit. Any noise exposure
	Custom Musician Plugs: Moderate investment for reusability and custom fit. Music listening, playing, dentistry, and motorcycle exposure.
	Custom and Non-Custom Electronic Hunting Protection: Reusable solutions that will enhance sounds while protecting your ears.
	Custom In-Ear Monitors: Electronic solution for our most avid music lovers.