

## Jamison: Patient Education and Wellness

### HANDOUT 20.1: REDUCING EXPOSURE TO ENVIRONMENTAL NOISE

Reduce noise-induced hearing loss by:

- ☐ reducing the intensity of sound. If machinery is not encased, wear protective earmuffs
- ☐ reducing the duration of exposure to loud noise is also helpful. In any 24-hour period, limit exposure to:
  - a power saw (110 decibels) to 1 minute
  - a circular saw (100 decibels) to 15 minutes
  - a power planer (97 decibels) to 30 minutes
  - a jigsaw (94 decibels) to 60 minutes
  - a disc sander (91 decibels) to 120 minutes
  - a hand drill (88 decibels) to 4 hours
  - a front-end loader (85 decibels) to 8 hours
- ☐ recognizing the warning signs of noise-induced temporary auditory loss. This presents as an altered sense of hearing after work. This is regarded as physiological when it lasts for 16 hours or less
- ☐ recognizing the warning signs of potential noise-induced hearing loss early:
  - headache, dizziness
  - tiredness
  - a sense of fullness in the ears
  - tinnitus
  - an altered sense of hearing

The conversion of temporary to permanent hearing loss is accompanied by the breakdown of the hair cells of the organ of Corti.

See

Noise <http://www.who.int/mediacentre/factsheets/fs258/en/index.html>

Hearing Tests information resource <http://www.webmd.com/a-to-z-guides/hearing-tests>

Hearing loss general information <http://www.webmd.com/a-to-z-guides/hearing-loss-exams-and-tests>