

## Noise Induced Hearing Loss

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According to the Occupational Safety and Health Administration (OSHA), noise-induced hearing loss may occur after eight hours of exposure to noise levels of 85 decibels (dB) or higher. OSHA guidelines limit exposure to 8 hours at noise levels of 90 dB in the workplace. Each five-decibel increase above 90 dB reduces exposure time by half. These guidelines can be adopted for general use. Running a lawnmower at 90 dB should be limited to 8 hours; a tractor at 95 dB to 4 hours; power tools at 100 dB to 2 hours; and earphones at 110 dB should be limited to 30 minutes.

### Risk Factors

- The intensity of the noise
- The type of noise
- The length of time per day you are exposed
- The number of years you are exposed
- Individual susceptibility
- Age
- Coexisting hearing loss and ear disease
- The distance from the source of noise
- The position of the ear in respect to the sound waves.

### How you can prevent noise induced hearing loss (NIHL)

- Know which noises can cause damage
- Wear earplugs or other hearing protective devices when involved in a loud activity
- Be alert to toxic noise in the environment
- Protect children who are too young to protect themselves
- Make family, friends and colleagues aware of the hazards of noise.

### Toxic Noise Environment

Noise is all around us. At unsafe decibel levels, exposure to loud noise can be toxic and permanently damage hearing. There are four main environments in which we are at risk for exposure to toxic noise: workplace, home, recreation and travel.

<b>Workplace</b>	<b>Sound Level</b>	<b>Travel</b>	<b>Sound Level</b>
Ambulance Siren	120	Airplane Cabin Noise	95- 105
Belt Sander	100	Subway Platform	105
Hand Drill	100		
Tractor	95		
<b>Recreation</b>	<b>Sound Level</b>	<b>Home</b>	<b>Sound Level</b>
Rock Concert	120	Chain Saw	110
Snow Mobile	100	Hair Dryer	90
Stadium Football game	90	Leaf Blower	110
		Power Lawn Mower	90
		Smoke Alarm	110

This is not a complete list of toxic noises found in the workplace, home, recreation and travel.

Sources: National Institute of Deafness and Other Communication Disorders

