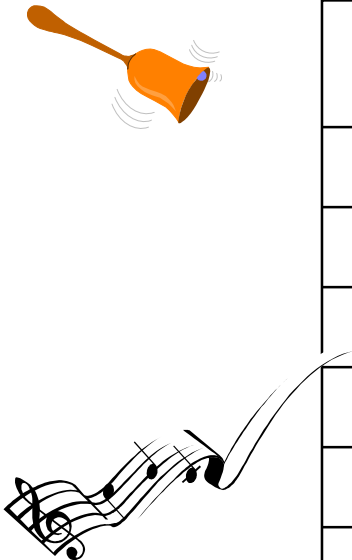




# How Noisy Is It?

Estimate the noise level of the following sounds and record your response in the first column.



<b>Sound</b>	<b>Decibel Level</b>	
leaves rustling		
soft whisper		
refrigerator		
ordinary speech		
window air conditioner		
blender		
noisy restaurant		
busy traffic		
alarm clock		
screaming child		
live rock music		
jackhammer		
motorcycles (at drivers seat)		
jet engine (at takeoff)		
rocket launching		





# Hearing Protection True/False Review

## *What Do You Know About Loud Noise?*

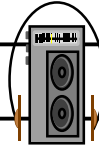
### Circle True or False?

- |   |   |   |
|---|---|---|
| 1. Loud noise is a leading cause of hearing loss.   | T | F |
| 2. Loud noise damages the nerve endings in the inner ear which results in hearing loss.       | T | F |
| 3. Most rapid damage to hearing happens in the first 5 to 10 years of exposure to loud noise. | T | F |
| 4. Noise induced hearing loss is permanent.   | T | F |
| 5. Noise is measured in decibels (dB). Noise less than 85 dB isn't hazardous.                 | T | F |



# Hearing Protection

## Portable Sound and You



### ***Is there a problem?***

Prolonged exposure to intense sound can permanently damage hearing. We know from industry that workers suffer a gradual loss when exposed to the drone and clattering of loud or noisy machines. Prolonged exposure to intense music can have the same effect as noise.

***But I don't listen to my portable cassette player all day as a worker listens to factory noise. Will my hearing still be damaged?***

Many people only listen to their portable cassette players for 10 minutes each day (e.g., while waiting for a bus). Depending on the volume control setting, damage may occur even for the shortest period of time. Damage can occur if the portable cassette player is worn at a volume #6 for only 30 minutes daily. This would be approximately equal to volume #2 (out of 10) for 40 hours each week. Research at the Canadian Hearing Society indicates that exposure to any level over volume #2 may produce the noise level known to permanently damage hearing.

***I've listened to music at volume #6 and #7 and it doesn't sound all that loud. Yet, you say that this can permanently damage my hearing?***

There are two different concepts to consider -- loudness and intensity. These are not the same thing. Intensity is an actual physical measurement of sound. A person's estimate of intensity is called loudness. The amount of background noise affects one's judgment of intensity. For example, suppose you are driving on the highway at 100 km. per hour. The radio is adjusted to a comfortable loudness. For some reason, the car stops, and the noise of the engine and wind becomes significantly less. The radio now appears to be blaring away at an uncomfortably loud level. In this example, the sound intensity was constant, but the loudness was very different (from comfortable to uncomfortably loud), due to the influence of background noise. Volume #6 or #7 may not seem loud, but it may be intense enough to damage one's hearing.

***How do I know if I have a hearing loss?***

Hearing loss due to music or noise exposure is very gradual. It progresses over a number of years. Noise or music induced hearing loss tends to affect the higher pitches first including sounds, such as violins, a watch ticking, and some consonant sounds (s, sh, f and the). Hearing impaired people with a noise induced hearing loss generally retain good hearing for the low pitched vowel sounds, such as those made by cars on the street, people knocking on the door.