Are You Hearing Well?

Some signs of hearing loss:
- Turning the TV or radio up so it’s too loud for others
- Having a hard time hearing in a noisy place
- Asking people to repeat what they said
- Thinking the phone’s volume is too low

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“While hearing loss is irreversible, it is also avoidable.”
— Pam Mason

The Ears Have It

One really loud sound is all it takes to damage your ears. Your hearing can also slip away over time. The best protection is avoiding dangerous sound pressure levels.

The Occupational Safety and Health Administration offers these ranges as guidelines for potential hearing damage:

<table>
<thead>
<tr>
<th>Sound Pressure Level</th>
<th>Exposure Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>90 dB SPL, subway sounds</td>
<td>8 hours</td>
</tr>
<tr>
<td>100 dB SPL, factory sounds</td>
<td>2 hours</td>
</tr>
<tr>
<td>110 dB SPL, headphones, dance places</td>
<td>30 minutes</td>
</tr>
</tbody>
</table>

Activities where the sound pressure level means you should wear hearing protection:
- Band practice, 120 dB
- Rock concert, jack-hammer, 130 dB