

# Important Things For You to Remember About...



## PROTECTING YOUR HEARING

- Wear hearing protection when and where it is required at work
- Follow manufacturer's instructions for use
- Use hearing protection at home

### NOISE

- Unwanted sound
- At or above **85dBA** can cause noise-induced hearing loss
- Home and work EXPOSURE

### HEARING LOSS SIGNS

- Conversation muffled
- Increase TV volume
- Ask others to speak up

### STANDARD THRESHOLD SHIFT

- STS, for short
- Is an insidious process (sneaks up on you)
- Signals noise-induced hearing loss
- Usually permanent, can't be fixed with medical procedures or hearing aids

### HEARING CONSERVATION PROGRAM

- You will receive an annual audiogram
- You will receive annual training
- You must wear hearing protection
- You have access to the OSHA standard