

# LEAD HEARING

## Am I at risk?

You can damage—even lose—your hearing from:

Working around loud noises (85 decibels or higher), and/or

If you're asking others to repeat themselves at home or if you need to turn up your TV or radio at the end of the workday, you may already be suffering from hearing loss.

## What will you miss when you lose your hearing?

According to the National Institute for Occupational Safety and Health (NIOSH), approximately 1 out of 4 construction workers suffer from some level of hearing loss.

**Hearing loss cannot be reversed or cured, but hearing aids can help treat many types of hearing loss and significantly improve your ability to hear and interact with the world around you. Talk to your doctor to find out more.**

## When you work around noise ...

### 1 Ask for controls

Noise is often measured in decibels (dBs). Using equipment just 3 dBs quieter can cut the noise energy reaching your ears by half.

Ask your employer to rent or buy low-noise equipment, or put a sound barrier around loud equipment like compressors.

### 2 Wear hearing protection

### 3 Get trained and tested

Your employer should train you how to: