Listen Up!

22 million workers are exposed to potentially damaging noise at work each year.*

- Proper hearing protection in noisy work environments is essential to avoid hearing loss
- Earplugs and earmuffs are the most common forms of hearing protection
- If you are exposed to dangerous noise levels, be sure to have regular hearing tests
- Employees working with tools such as a jackhammer or chainsaw are exposed to sounds around 115 to 125 decibels (dB), which can cause hearing loss in less than 30 seconds
- Noise around 85 dB can damage hearing after repeated exposures lasting 8 hours or more**

Hearing loss can impact all aspects of your daily life, both personal and professional. Always wear adequate protection if your job involves any amount of noise.

*Occupational Safety and Health Administration
**Centers for Disease Control and Prevention

For more information, visit nsc.org
Eliminating Preventable Deaths*