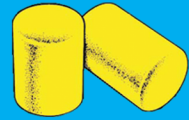
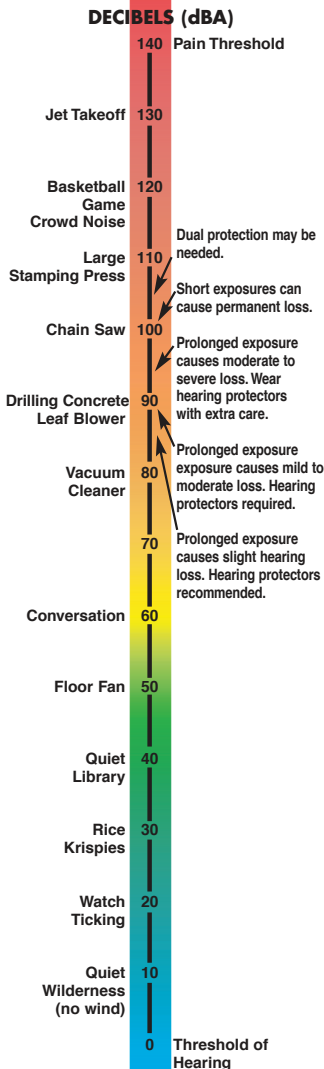


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A Guide to Your Hearing Test.



TYPICAL SOUND LEVELS



Save Your Hearing!

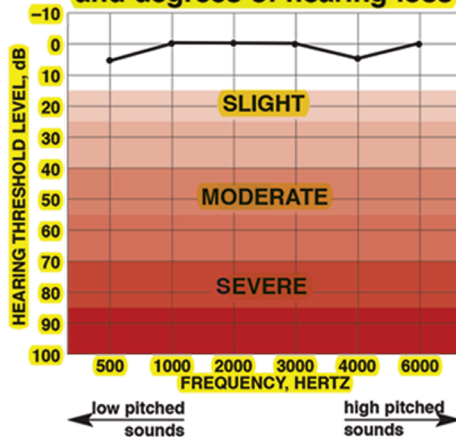
You Don't Get "Used to Noise"

Noise does not have to be uncomfortably loud to be damaging. You may even think your ears are "used to the noise," but what has probably happened is that hearing loss has already begun. How quickly hearing loss occurs depends on the intensity of the noise, its duration, and how often the exposure occurs.

A Rule of Thumb

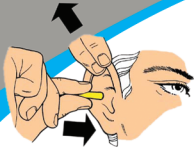
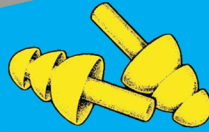
When you feel the need to shout in order to be heard three feet away, the noise levels are probably 85 dBA or more and hearing protectors are recommended.

Normal audiogram and degrees of hearing loss



The audiogram chart records your thresholds (measured in decibels) for tones at different pitches or frequencies (measured in Hertz). Normal thresholds fall within the unshaded area on the chart. When hearing loss occurs the thresholds fall into the shaded areas, meaning sounds must be increased in level for you to hear them.

How to Use, Care, & Clean Your Hearing Protectors



FORMABLE PLUGS: How to Use
 Slowly roll and compress foam plugs into a very thin cylinder. While compressed, insert plug well into the ear canal. Fitting is easier if you reach around the headupward to pull the ear outward and during insertion.

PREMOLDED PLUGS: How to Use

Reach around the back of your head and pull outward and upward on the ear while inserting the plug until you feel it sealing. This may seem tight at first, especially if you've never worn earplugs.



FORMABLE PLUGS: Care & Cleaning

Keep the plugs clean and free from material that can irritate the ear canal. They may be washed in mild liquid detergent and warm water. Squeeze excess water from the plugs and air dry. Washing may be repeated several times. Discard plugs if they noticeably change their firmness or do not re-expand to their original size and shape.

PREMOLDED PLUGS: Care & Cleaning

Premolded plugs will normally last several months or more depending upon the type, and upon your work environment, hygiene, and body chemistry. They should be replaced if they shrink, harden, tear, crack, or become permanently deformed. Wash them in warm soapy water and rinse well. When dry, store them in a carrying case.

SEMI-INSERT DEVICE: How to Use

Hold the large ends of the pods and swivel them to direct the tips into the ear canal openings. Firmly push and wiggle the pods into the canals until a snug seal is obtained. Pulling on the outer ear while pushing on the pods will be helpful to most wearers.



EARMUFFS: How to Use

Muffs must fully enclose the ears to seal against the head. Adjust the headband so cushions exert even pressure around the ears to get the best noise reduction. Pull hair back and out from beneath the cushions. Don't store pencils or wear caps under the cushions.

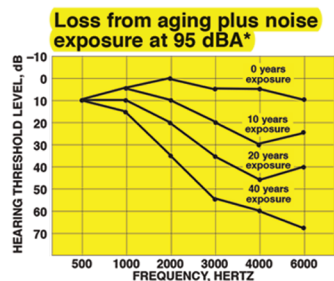
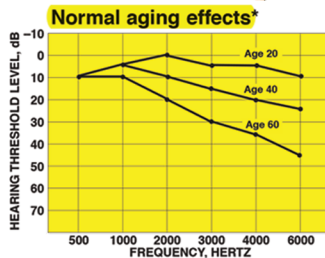


SEMI-INSERT DEVICE: Care & Cleaning

Most semi-inserts can be cleaned in the same way as premolded earplugs. Since the headband holds the tips in place to provide an acoustic seal, don't tamper with it or the protection the device provides may be reduced.



EFFECTS OF AGE AND NOISE ON HEARING



*The trends are less severe for females.

Hearing loss from the natural aging process causes a gradual hearing decline, as shown in the figure to the right. It affects mainly the ability to clearly hear high-pitched sounds such as children's voices, rustling leaves, and some musical instruments.

Although age-effect hearing loss up through age 60 does not usually impair one's ability to hear and understand speech, problems occur when noise-induced loss is added to age loss. With noise damage, even a 30-year-old can have trouble listening in situations in which background sound is present, such as in restaurants and other social situations.