

For More Information

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Prevention

NIHL is 100% preventable. Here are some ways that you can protect your hearing, as well as that of family and friends:

- Avoid situations in which you are exposed to decibel levels at or above 85 decibels.
- If unavoidable, make sure that you wear proper ear protection. Anything from earmuffs to earplugs can and should be used. Check to make sure they reduce or eliminate decibel levels.
- Educate yourself and others about NIHL.
- Be aware that hearing loss can occur gradually and without detection.
- Get your hearing checked periodically.

Contact Us



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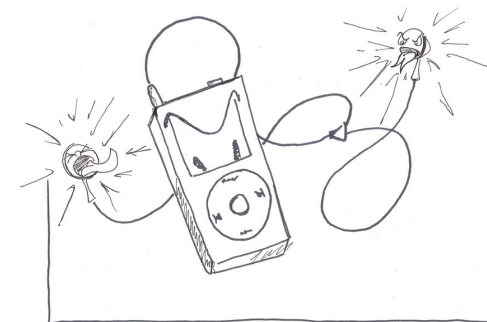


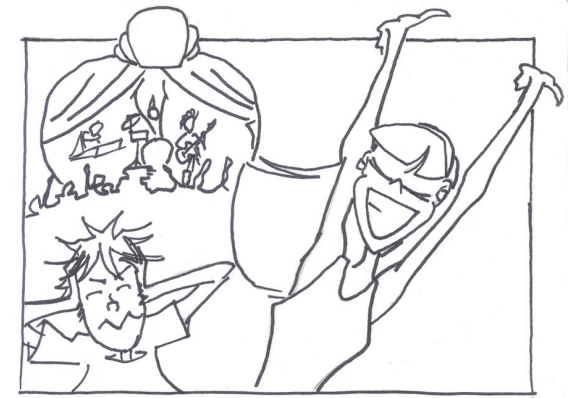
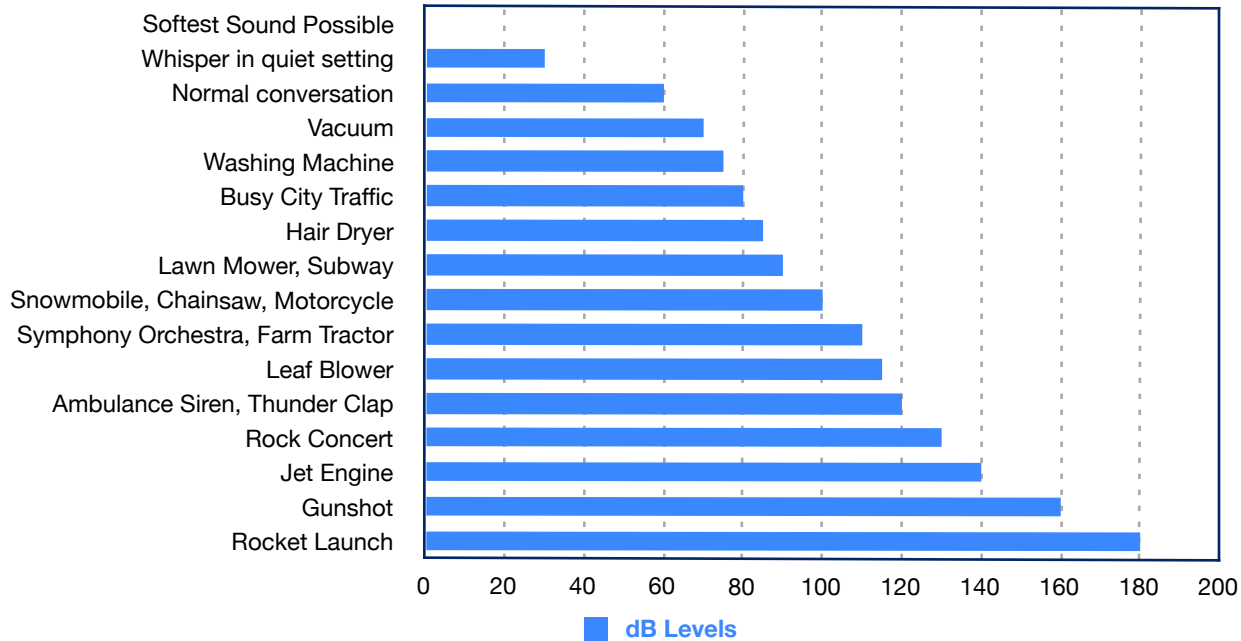
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Which Noise Levels Cause NIHL?

NIHL can result from prolonged exposure to extremely high noise levels. The base decibel level at which hearing loss can occur is about 85 decibels. A sign that your hearing may have been damaged is ringing in your ears.

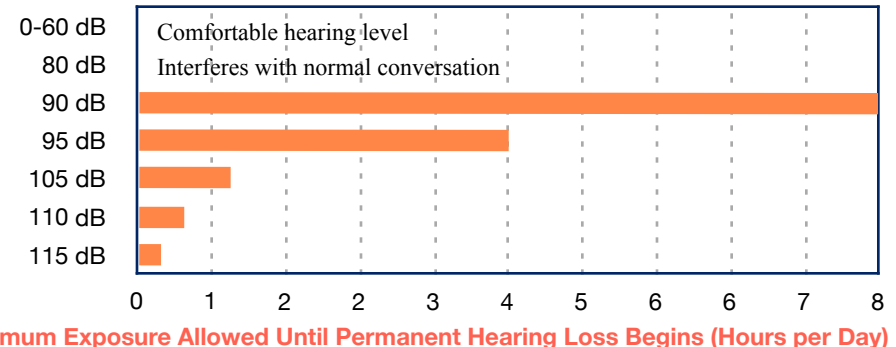
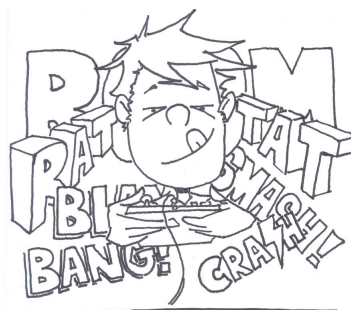
What is NIHL?

NIHL stands for Noise-Induced Hearing Loss. One of the leading causes of hearing loss today, NIHL is 100% preventable. Adjusting individual behavior is the key to preventing this permanent hearing damage.

NIHL occurs when small sensory nerves in the inner ear, called hair cells, are damaged from loud noises. Once these hair cells are destroyed, there is no way to grow them back. The extent of the damage from exposure to excessive sound depends upon the loudness of the source, its proximity to you, and the length of exposure. Since NIHL affects all age groups and demographics, everyone should take the necessary precautions to prevent this irreversible, life-changing damage.

What Are Decibels?

Decibels are used to measure the magnitude, or volume, of sound. The louder the sound is, the higher the decibel level. The combination of the decibel level and the amount of time you are exposed to it determines whether you will suffer permanent damage to your hearing.



Maximum Exposure Allowed Until Permanent Hearing Loss Begins (Hours per Day)