

Noise-Induced Hearing Loss (NIHL)

Signs and symptoms



- Muffled hearing
- Ringing of the ears (tinnitus)
- Difficulty hearing during regular conversation
- Turning up TV volume

How to wear foam earplugs - According to National Institute for Occupational Safety and Health (NIOSH)

1 ROLL

The ear plug until it's compressed into a very thin crease-free cylinder.



2 PULL

The top of your ear back with the opposite hand (straighten out ear canal). Rolled ear plug should slide in easily.

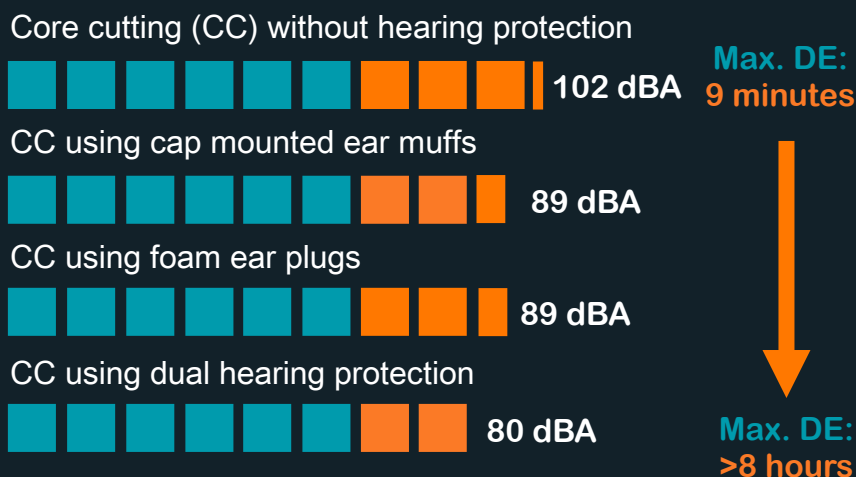


3 HOLD

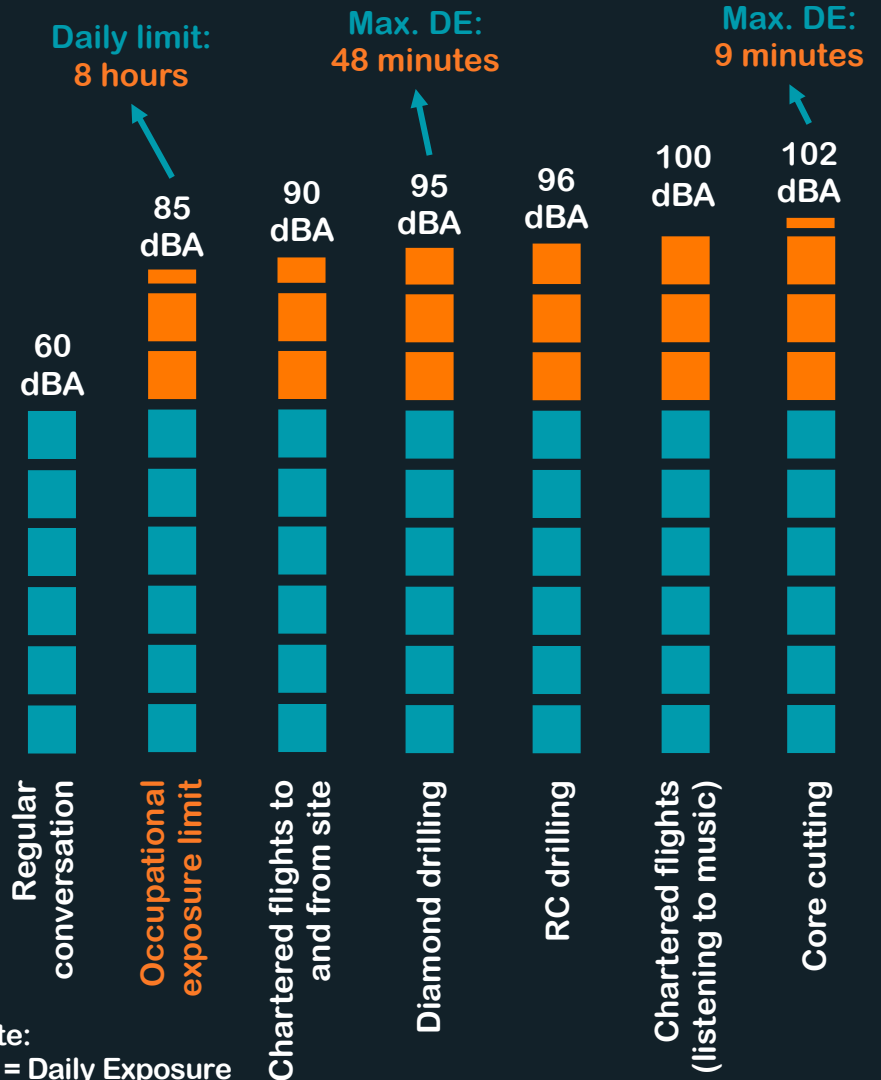
The ear plug in place with your finger. Count to 20 while you wait for the ear plug to expand and fill your ear canal. Muffled speech means good seal.



How does hearing protection help?



Common noise levels experienced in exploration



Effective approaches to control sources of noise in the workplace

