

# Did You Know...



## THE SOUNDS OF SUMMER

Buzzing lawn mowers, booming sporting event speakers (and yelling fans), rowdy outdoor concerts, and crackling fireworks are *welcome summer* sounds. However, many sounds that we typically hear during the summer can be damaging to our hearing.

Noise-induced hearing loss (NIHL) results when the nerve fibers in the inner ear (cochlea) are damaged by dangerously loud sounds. The effect could be temporary or permanent. When considering noise exposure, be aware of the following two variables: intensity (loudness) and duration (time).

Sounds at or below 70 dB are unlikely to cause hearing loss, while long or continuous exposure to sounds at or above 80 dB can cause hearing damage. The louder the sound, the more damaging the result.

**90 decibels** - lawnmower, leaf blower

**100 decibels** - chainsaw, drill

**110 decibels** - motorcycles, dirt bikes

**110 decibels** - power saw

**115 decibels** - sporting events, concerts

**150 decibels** - fireworks



The following tips will minimize your exposure to loud sounds and protect your hearing:

**1. Lower the volume.** Decrease the volume on your personal listening devices.

**2. Wear hearing protection.** Many different types of hearing protection are available: foam, muffs, and custom fit-hearing devices. Hearing protection can be found in most grocery stores or pharmacies. The disposable type is inexpensive and worth having. However, if you're around noise frequently, consider investing in custom hearing protection for comfort and convenience.

**3. Move away from the noise.** Limit your noise exposure by getting away from the source of the noise.

