HEARING
HEALTH
YOURS!!!
Who me? I’m too young to lose my hearing.
The pinna directs sound waves into the ear.

The oval window and the round window separate the fluid-filled inner ear from the air-filled middle ear.

- **EXTERNAL EAR**
  - Ear canal
  - Tympanic membrane
  - Round window

- **MIDDLE EAR**
  - Incus
  - Malleus
  - Stapes
  - Semicircular canals
  - Oval window
  - Vestibular apparatus
  - Internal jugular vein
  - Eustachian tube

- **INNER EAR**
  - Cochlea
  - Labyrinth
  - Nerves
  - To pharynx
Exposure time before hearing damage can occur:

- Jet taking off (25m away): 120 decibels (Instantaneous)
- Gunshot: 110 decibels (1-minute)
- Pneumatic hammer: 100 decibels (15-minutes)
- Noisy disco: 97 decibels (1-hour)
- Chainsaw: 94 decibels (3-hours)
- Angle grinder: 91 decibels
- Personal stereo (max volume): 88 decibels
- Ride on mower: 85 decibels
- Busy road: 80 decibels
- Vacuum cleaner: 75 decibels
- Conversation: 60 decibels
- Washing machine: 50 decibels
- Library: 40 decibels
- Threshold of normal hearing: 10 decibels

Below this level, permanent damage is negligible.

NB: This should be used as a guide only.
ROCK BAND
WIND SYMPHONY
VOCAL JAZZ
OPERA SINGERS
SOLUTIONS
SOLUTIONS

Protecting Your Hearing

Noise-induced hearing loss can be prevented!

Learn about the three things you can do to protect your hearing from damaging noises.
HEADPHONES
FINGERS
CONSEQUENCES
BEETHOVEN
PREVENT HEARING LOSS!

You have the power to hear for a lifetime!

Tinnitus is any ringing, hissing or roaring sound that your ears make themselves. Usually it goes away, sometimes it doesn't. So be safe: avoid loud music and other noise.

(Tinnitus can be a hard word to say. Try it like this: ti-night-us.)

American Tinnitus Association
To learn more, call us: 800-634-3877. www.atan.org