

Hearing Matters Quick Tips

Hearing Conservation is often scoffed or ignored. However, the significance of your ability to identify sounds, then translate, interpret, and associate those noises is crucial to many aspects of your life.



Distracting Dilemma

- Tinnitus and Hearing Loss
 - Constant Ringing pulls attention
 - Inability to hear alarms/alerts kills
 - Conversations become Frustrating
 - Decreased Social Satisfaction
 - Decreased Quality of Life



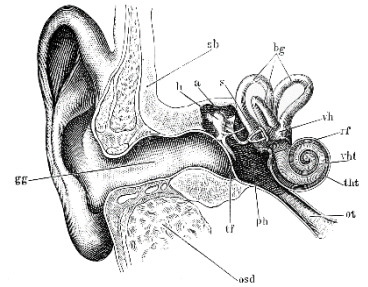
- ✓ Check Daily
- ✓ Clean when dirty
- ✓ Replace when damaged or not working

ALWAYS BE SAFE - PROTECT YOURSELF!

- Monitoring starts @ 85 dBA for 8-hr TWA
- **BE SELFISH, PROTECT YOURSELF AROUND ANY CONSTANT or LOUD NOISE!**

About more than just Listening

- ❖ The Vestibulocochlear Nerve controls proprioception
 - Senses equilibrium of the body and head
 - Senses pressure changes
 - Senses linear acceleration
 - Senses rotary movements
 - Senses gravitational pull



Hearing loss is permanent!

- ❖ Damage to these structures and nerves leads to **Increased Risk** of Slips, Trips, and Falls at home and at work.

- Unstable Movements
- Vertigo
- Nausea



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	For Accurate NRR:	
	Subtract 7, then	
	Divide by 2	
	=	
	TRUE HEARING	
	PROTECTION	
	To Maximize, select	
	Hearing Protection	
	with best fit.	
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Remove Hearing Protection **SLOWLY** to prevent sudden pressure changes

**Feed Your Ears! Eat Foods High In:
Magnesium - Zinc - Potassium - Folate - Vitamin D**