



10 Tips for Preventing Hearing Loss

1. Make sure you understand the hazards of exposure to excessive noise.
2. Recognize the signs of excessive noise exposure, including ringing in the ears, having to shout to be heard, or experiencing temporary hearing loss.
3. Wear appropriate hearing protection if you work in a noisy area or with noisy equipment.
4. Wear both earmuffs and earplugs if exposed to very high levels of noise.
5. Use available engineering controls when appropriate to limit noise exposure.
6. Follow required work controls, such as limiting time in noisy areas, to reduce noise exposure.
7. Cooperate with workplace noise-monitoring procedures.
8. Have your hearing tested regularly.
9. Report any hearing problems to your supervisor right away.
10. Wear hearing protection at home to protect your hearing when performing noisy tasks, such as working with power tools.

