



Weekly Safety Meeting

Summer Sound Safety

Every year the National Center for Environmental Health (NCEH) at the Centers for Disease Control and Prevention (CDC) supports National Fireworks Safety Month. It may be in June or July each year, but they have a lot say about the safety issues during fireworks activities.

This time we will focus on their recommendation to use hearing protection devices while participating in noisy activities this summer.

Some of the Noise Activities Include the Following:

- Watching summer fireworks on the 4th of July;
- Mowing the lawn;
- Using a gas-powered lawn edger to manicure the lawn;
- Using power tools for all those special summer projects;
- Jet skiing;
- Enjoying all the motor boating; and
- Revving motorcycles.

Everyday sounds do not damage your hearing. However, many people participate in activities that can produce harmful levels of sound. Such activities, when repeated over time, can and will cause serious hearing loss.

Ringling or buzzing in the ear (tinnitus), increased sensitivity to sound (hyperacusis), and hearing loss can be the direct result of exposure to loud noise.

Repeated exposure to loud noise over the years can, and much of the time does, affect our hearing later on in life. These repeated exposures will determine how quickly we develop hearing problems, even way after the loud noise exposure has stopped.

The best prevention is to avoid noisy situations altogether. Of course we can't completely avoid these situations so during these times we should do everything we can to protect our precious hearing. We should use adequate hearing protection, such as earplugs and earmuffs. When using them, we should always read the packaging for instruction on how to properly insert and wear this protection. These items are available at local hardware or home improvement stores.

REMEMBER: You can protect your hearing and still yet do the things you enjoy.

Recommendations to Help Prevent Hearing Loss From Loud Noise:

At Home

- Turn down the speaker volume of the TV Monitor, radio, or music;
- If listening to loud music, take breaks from listening in order to reduce your exposure;
- Use power tools, toys, recreational vehicles that are quieter when available;
- Use hearing protection devices (such as earplugs or earmuffs) to avoid loud sounds.;
- Place some clean, new earplugs in your car, backpack, or purse for easier access, making hearing protection more conveniently available; and
- Keep the family away from loud noise experiences.

At Public Events

- Plan ahead, move or stay far away from the loudest sound-producing noise sources (i.e., fireworks);
- Limit your time of exposure to loud sounds;
- Pay special attention to signs and informational flyers about events. They may contain warnings about possible loud noise or hearing protection recommendations; and
- Make use of hearing protection convenient, bring your favorite hearing protection devices with you in your car, pockets, purse, or backpack other places and make it a family affair.

MORE IMPORTANTLY

We should practice using hearing protection year-round by planning ahead so we are always prepared to protect your hearing while enjoying your favorite activities.

LOUD NOISE CAN CAUSE HEARING LOSS!

