



# Safety Tip of the Week

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## Summer Sound Safety

The National Center for Environmental Health (NCEH) is recommending use of hearing protection devices while participating in noisy activities this summer.

### REMEMBER:

#### At Home

- Turn down your speaker volume of the TV Monitor, radio, or music, and take breaks from listening to reduce your exposure;
- Use power tools, toys, recreational vehicles that are quiet. 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 exposure to loud sound; and
- Pay special attention to signs and informational flyers about events, (they may contain warnings about loud noise or hearing protection recommendations).

**REMEMBER...MAKE IT A FAMILY AFFAIR! LOUD NOISE CAN CAUSE HEARING LOSS!**