

Extension Tip of the Week

Nothing can restore your hearing, so prevention of hearing loss is important. Noise induced hearing loss can result from being exposed to noise above 85 decibels (dB). It can even result from a single shotgun blast or firecrackers. If you need to raise your voice to be heard an arm's length away, the noise is probably loud enough to damage your hearing. Wearing high quality hearing protection to protect your hearing is important.

The following noises are above 85 decibels. Also listed is the length of time it takes for a sound level to become too dangerous to the human ear and thus cause hearing loss.

Any noise at 85 dB for 8 hours

Combine (full throttle, in cab) 88 dB for 4 hours

Tractor, without cab or using a table saw – 91 dB for 2 hours

Combine (full throttle at 10' away) or using a hand drill – 97 dB for 30 minutes

Tractor in the shop (idling 6'away) – 100 dB for 15 minutes

Squealing pigs- 101 dB for 10 minutes

Circular Saw 103 dB for 7.5 minutes

Rock band- 106 dB for 4 minutes

Chain Saw 109 dB for 2 minutes

Grain dryer- 120 dB for 1 minute or less

Firecrackers and gunshot, a single blast > 135-150 dB - instant

Source: Department of Health and Human Services

www.cdc.gov/