

VERY LOUD NOISE, OR LONG EXPOSURE TO NOISE, COULD DAMAGE YOUR HEARING BEYOND REPAIR. IF THE HEARING CELLS HAVE BEEN DESTROYED, THE DAMAGE WILL BE PERMANENT.

IDENTIFY THE RISK! Noise is probably too loud when:

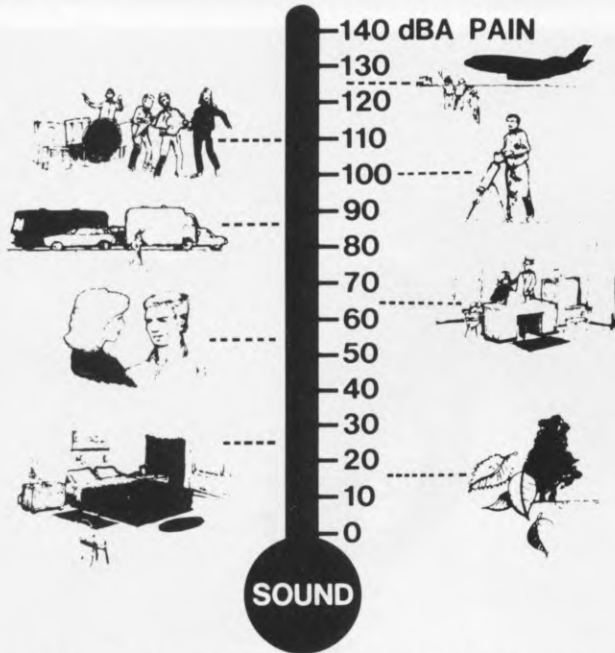
- * you have trouble talking to someone 1 metre away because of the noise
- * your ears 'ring' after being in a noisy place
- * speech and other sounds seem muffled after you have been in a noisy place.

HOW LOUD IS LOUD?

The loudness of sound is measured in decibels (dB). Above 85 dBA noise starts to cause damage to hearing.

LOUDNESS + DURATION = DANGER

The louder the noise, the sooner damage occurs. But the length of exposure time is also important. And remember this . . . every time the noise level jumps by just 3 dB the safety time shown is halved.

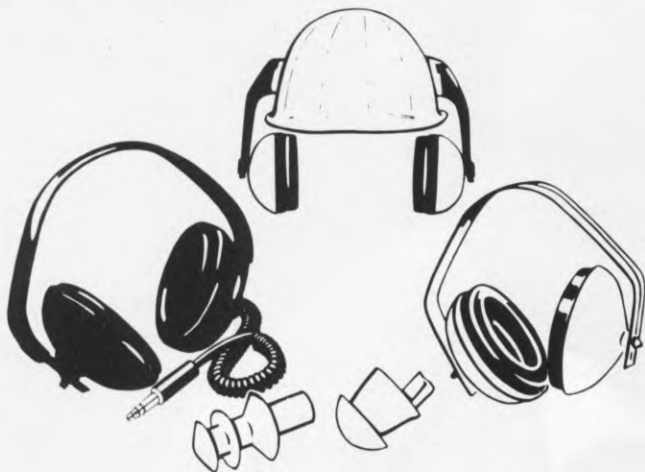


SOUND	
115	30 SEC
112	1 MIN
109	2 MIN
106	4 MIN
103	8 MIN
100	15 MIN
97	30 MIN
94	1 HR
91	2 HRS
88	4 HRS
85	8 HRS

WHENEVER YOU ARE EXPOSED TO EXCESSIVE NOISE, YOUR HEARING IS AT RISK

So protect yourself properly at work . . . wear the type of hearing protection you need taking into account the noise level and the length of time you may be exposed to it. And make sure it is comfortable to wear.

at home . . . exposure to noise doesn't stop at the factory gate. Your hearing is at risk from such things as chainsaws and lawnmowers at close range. And watch the level of sound when listening to "walkabout" radios through headphones.



HEARING IS ONE OF YOUR MOST PRECIOUS POSSESSIONS. MAKE SURE YOURS IS PROPERLY PROTECTED!