Protect your Ears

- Hearing loss happens every day from many different noises
- Hearing loss is **permanent** and can’t be cured
- Hearing loss from noise can be **prevented**

What can harm your ears?
- Firecrackers
- Gunshots
- Tractors and Combines
- Lawn mowers
- Farm animals
- Grain equipment
- ATV’s
To Prevent Hearing Loss

1. Turn it down – turn down the volume if you can
2. Walk away – move away from loud noises
3. Protect your ears – wear earplugs or earmuffs.

<table>
<thead>
<tr>
<th>Noise Type</th>
<th>Sound Level</th>
<th>Max Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>ATV, push mower</td>
<td>90 dB</td>
<td>2.5 hours</td>
</tr>
<tr>
<td>Tractor or combine (with cab)</td>
<td>92 dB</td>
<td>95 min</td>
</tr>
<tr>
<td>Pigs squealing</td>
<td>100 dB</td>
<td>15 min</td>
</tr>
<tr>
<td>Tractor or combine (no cab)</td>
<td>105 dB</td>
<td>4 min</td>
</tr>
<tr>
<td>Firecrackers and Gunshots</td>
<td>140+ dB</td>
<td>0 sec</td>
</tr>
</tbody>
</table>

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