

Hearing Conservation

MONTHLY
SAFETY
BRIEF

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NAF Atsugi



What is Hearing conservation?



It is protecting your hearing from a potentially Damaging Level of Noise. Noise can interfere with sound you want to hear (for example, a conversation). But it is more than just a nuisance. It's a hazard, too. It can damage hearing, temporarily or permanently.

How noise can affect your hearing?

Exposure to excessive noise raises your hearing threshold – the degree of loudness at which you first begin to hear. Temporary hearing loss can be caused by exposure to loud noise for a few hours. Fortunately, hearing is usually restored after a period of time away from noise. Permanent hearing loss occurs when the ear is continually exposed to excess noise and gradually becomes unable to recover from temporary hearing loss. This usually takes many years.



To protect your hearing, use hearing protection. There are three basic types of hearing protections.

- 1) Earplugs – They reduce noise when properly fitted in the outer part of the ear canal.
- 2) Canal Caps – They close off the ear canals at the opening.
- 3) Earmuffs – They fit over the whole ear to seal out noise.

