



# Hearing Conservation

## MONTHLY SAFETY BRIEF

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NAF Atsugi



## TYPES OF NOISE-RELATED HEARING LOSS



### TEMPORARY HEARING LOSS

After a brief exposure to loud sound, voices or music may seem muffled. After time away from noise, the hairs in the inner ear recover. Hearing returns to normal.

### GRADUAL HEARING LOSS

Long-term exposure to loud sound gradually destroys the hairs. Hairs that respond to high frequencies are the first to go. Such hearing loss often goes unnoticed until much damage has been done, because people pay most attention to mid-frequency sounds (such as speech).

**WARNING SIGNS** of gradual hearing loss include:

- a ringing or roaring sensation in the ears ("tinnitus")
- not hearing soft or high pitched sounds, such as bird songs or children's voices
- trouble understanding conversation (even though voices can still be heard), especially when there's competing background noise.

### TRAUMATIC HEARING LOSS

A single, extremely loud sound - such as a gunshot at close range- can cause a sudden hearing loss.

**THE TYPE AND DEGREE OF HEARING LOSS** depend on:

- the sound's loudness and pitch, and how long the sound lasts
- whether the sound was constant, on and off, or sudden
- the person's distance from the source of the sound, age, and general health.

