PREVENTING HEARING LOSS AMONG FARMERS

Hearing loss is permanent, irreversible and PREVENTABLE.

Wear hearing protection when sound levels exceed 85 dB.

Keep protection with you or keep stored in areas you know are loud.

Is it too loud (>85 dB)?

High Tech: Use app on your smartphone.

Low Tech: If you have to “raise your voice” to be heard, it is above 85 dB.

Wear Hearing Protection when Levels > 85 dB

<table>
<thead>
<tr>
<th>Noise Source</th>
<th>Sound Level, dB</th>
<th>Max safe time*</th>
</tr>
</thead>
<tbody>
<tr>
<td>ATV, push mower</td>
<td>90</td>
<td>2.5 hr</td>
</tr>
<tr>
<td>Enclosed cab tractor or combine, grain auger</td>
<td>92</td>
<td>95 min</td>
</tr>
<tr>
<td>Air compressor</td>
<td>95</td>
<td>47 min</td>
</tr>
<tr>
<td>Pigs squealing, table saw, irrigation pump</td>
<td>100</td>
<td>15 min</td>
</tr>
<tr>
<td>Tractor, combine (no cab), grain dryer</td>
<td>105</td>
<td>4 min</td>
</tr>
<tr>
<td>Chainsaw</td>
<td>115</td>
<td>&lt;1 min</td>
</tr>
</tbody>
</table>

*Time without the use of hearing protection

What is the best one to use? The one that fits and that you will wear.

Muffs:

Pro: Reusable, easy to wear, Bluetooth capabilities
Con: May not fit over glasses, may be uncomfortable in heat

Reusable Plugs:

Pro: Reusable, low price, easy to insert, even with dirty hands
Con: Lower protection, easy to lose, may need specific size

Formable Plugs:

Pro: Low price, good protection if fit well
Con: Easy to lose, more time to insert properly, need clean hands, not as reusable

Visit gpcah.org for more information.