

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

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

*Time *without* the use of hearing protection

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

Muffs:



Pro: Reusable, easy to wear, Bluetooth capabilities

Con: May not fit over glasses, may be uncomfortable in heat

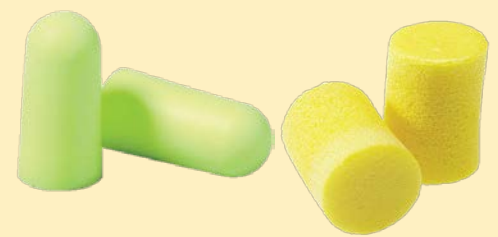
Reusable Plugs:



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

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