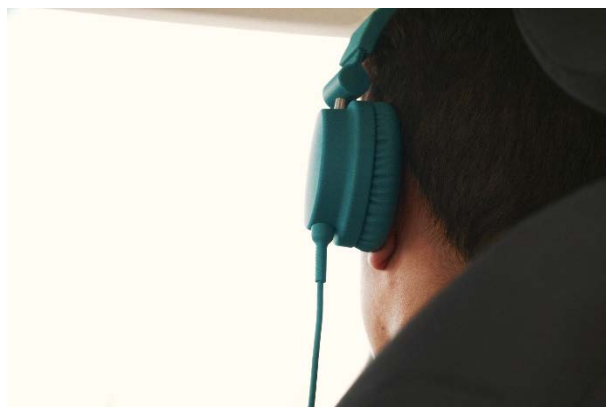




Protect Your Ears – Prevent Hearing Loss



The World Health Organization estimates approximately **466 million people** worldwide have disabling hearing loss and approximately **one-third of people over age 65** have disabling hearing loss.

One of the most common forms of hearing loss is caused by loud noise. Over time, repeated exposure to loud noise can damage your hearing and lead to hearing loss, which is permanent. Caterpillar's safety culture emphasizes noise reduction efforts and proper hearing protection in production environments, but

several noise sources outside of work are loud enough to produce hearing loss. Long-term exposure to sounds at or above **85 decibels** can cause hearing loss. Below are some common sources of loud noise:

Sound Source	Sound Level in Decibels
Lawnmower / Lawn implements	80 - 110
Motorcycle	80 - 110
Music with headphones at highest volume	96 - 110
Live sporting event	94 - 110
Rock concert	95 - 115
Sirens	110 - 130
Fireworks and firearms	140 - 160

Fortunately, there are things you can do to help prevent hearing loss. Use the following tips to help reduce your noise exposure and prevent hearing loss from loud noise:

- Turn down the volume of your TV, radio and music.
- If listening to loud music, take breaks to reduce your noise exposure.
- Limit the use of personal audio devices to less than one hour per day.
- When attending public events, stay away from loud, sound-producing sources such as loudspeakers.
- Use hearing protection devices such as earplugs and earmuffs when you cannot avoid loud sounds, like when using powered lawn implements or firearms.
- Make sure hearing protection devices are worn properly and make them easily accessible by keeping them in your car and/or workshop.

Learn more about preventing hearing loss at www.cdc.gov/hearingloss.