

Noise Induced Hearing Loss



Noise induced hearing loss (NIHL) is permanent, but it's also preventable. Excessive noise damages tiny sensory cells deep inside the ear. At first, you can't hear low-pitched sounds, like people's voices. Over time, you lose your ability to hear high-pitched sounds too.

SIGNS: Do you...



Turn the TV volume way up, disturbing others?



Have problems understanding conversations at parties?



Raise your voice to be heard at work?

EFFECTS



Ringing or buzzing in the ear.



Muffled hearing.



Isolation, increased fatigue.



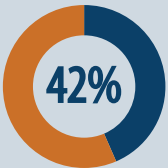
Every decibel of hearing loss increases a worker's risk of hospitalization for a work-related injury by 1%.



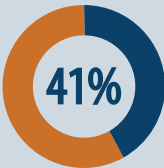
Workers exposed to 100dB noise levels are more than twice as likely to be hospitalized for a workplace injury.

Source: National Public Health Institute of Quebec

Who is at risk?



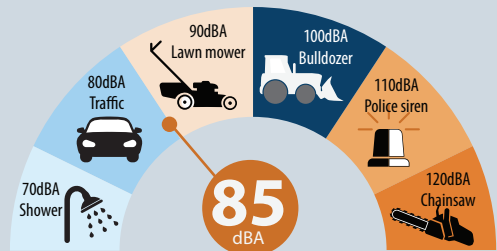
42% of Canadians aged 16-79 worked or work in a noisy environment where they had to raise their voice to talk to someone an arm's length away.



41% of them never used hearing protection; 35% used it often, sometimes or rarely; and 24% always used it.

Source: Statistics Canada

What noises are too loud?



85 dBA is the point at which exposure over 8 hours can start to damage hearing.

HEARING DAMAGE FORMULA:

Damage = Noise Level x Exposure Time

PREVENT



Turn it down



Protect your ears



Move away from noise



Limit exposure

15.4M

In 2016, WorkSafeNB spent \$15.4 M for hearing aids and related services for workers diagnosed with NIHL.



53% of Canadians have used earbuds or headphones to listen to music, movies or other audio in the last 12 months.

33% A third of young people regularly listen at a volume that was at or above **three quarters** of the maximum volume.

Source: Statistics Canada