

WORKING ON YOUR LAWN?

TAKE CARE TO PROTECT YOUR HEARING!

Lawn and garden equipment can be loud enough to be hazardous to your hearing. The EPA determined a 24-hour exposure limit level of 70 decibels would produce minimal hearing loss. If you must raise your voice to be heard nearby, your hearing could be at risk.

Here's how you can protect yourself from noise-induced hearing loss:

Use quieter equipment.

Electric- and battery-powered equipment is often quieter than gas-powered equipment. Use the free [NIOSH noise app](#) to find out.

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Take breaks.

Give your ears a rest from time to time to allow your hearing to recover.

Limit daily noise exposure.

The louder a sound is and the longer you listen to it, the more harmful it can be. Try not to do too many noisy things on the same day.

Protect your hearing.

Use hearing protection devices (such as earplugs and earmuffs) when you cannot avoid loud sounds.

Noise-Induced hearing loss is permanent – but it's preventable.
Take action now to protect your hearing!



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention

For more information:
https://www.cdc.gov/nceh/hearing_loss/
<https://www.cdc.gov/niosh/topics/noise/app.html>