

## 10 Commandments for Interacting with the Hearing Impaired

1. Thou shalt not speak from another room
2. Thou shalt not speak with your back turned
3. Thou shalt not start speaking and then walk away
4. Thou shalt not start speaking and then turn away
5. Thou shalt not talk over something or someone else
6. Thou shalt get the attention of the person
7. Thou shalt try to speak face-to-face at all times
8. Thou shalt try to remove obstruction while speaking
9. Thou shalt speak distinctly
10. Thou shalt try to be patient



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## Noise and Hearing Loss





## How Does Hearing Loss Happen

Exposure to a one-time extremely loud noise, repeated or long exposure to loud noise or extended exposure to moderate noise can cause hearing loss. When you are exposed to loud noises the hairs in your ears that help transmit sound are damaged and this permanently alters your ability to hear.

## Average Decibels of Everyday Noises

### Faint

Whisper=30 dB

### Moderate

Quiet Room=40 dB

Moderate Rainfall=50 dB

### Very Loud

Conversation, Dishwasher=60 dB

Busy Traffic, Vacuum Cleaner=70 dB

Alarm Clock=80 dB

### Extremely Loud

Lawnmower=90 dB

Snowmobile, Chain Saw=100 dB

Rock Music=110 dB

### Painful

Jet Plane Takeoff=120 dB

Jackhammer=130 dB

Firearms, Air Raid Siren=140 dB

## What Are the Warning Signs that Noises Around Me Are Too Loud?

- You have to raise your voice to be heard
- You can't hear someone two feet away from you
- Speech around you sounds muffled or dull after leaving a noisy area
- You have pain or ringing in your ears after exposure to noise

## What Can I Do To Protect Myself?

- Avoid loud noises whenever possible. A dangerous noise level is considered to be above 80 decibels.
- Wear hearing protectors: ear plugs or ear muffs
- Have your hearing tested
- Limit periods of exposure to noise
- Be aware of the noises you're around and control them if you can