

# HOW LOUD IS TOO LOUD?

If you don't know –  
You may be missing out on some  
of your hearing.

Noise-induced hearing loss (NIHL) is 100 percent preventable but, once acquired, hearing loss is permanent and irreversible. Ten million Americans have already suffered irreversible damage from noise, and 30 million are exposed to dangerous levels of noise each day.

Individuals of all ages, including children, can develop NIHL at work, at play and at home.

**FIND OUT MORE ABOUT  
HEARING PROTECTION  
AND HEARING LOSS  
PREVENTION AT:**

**[www.sertoma.org](http://www.sertoma.org)**



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SAFE EARS!**



The loudness of a sound is measured in units called decibels (dB). Loud noises over 85 dB can damage the inner ear for good.

