



October

Hearing Safety Month



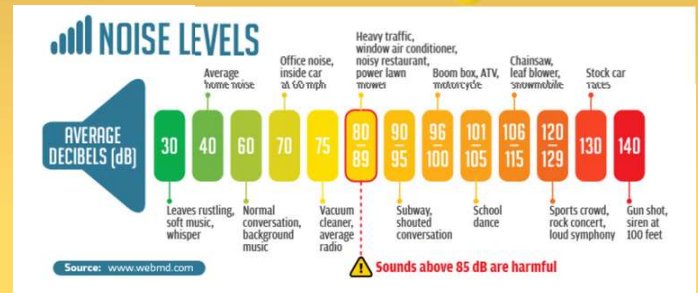
- **Protect Your Hearing - Don't Let Noise Haunt You!**

- Occupational hearing loss is permanent but preventable
- Exposure to loud noise or certain chemicals while at work can damage your hearing
- Hearing loss is associated with tinnitus, heart problems, cognitive decline, and poor mental health



- **5 Tricks to Treat Your Ears! (Not Candy!)**

1. Lower the Volume
2. Wear Hearing Protection
3. Distance Yourself
4. Limit Exposure Time
5. Know the Sings



- **Signs of hearing loss:**

- Having difficulty hearing when there is background noise
- Thinking people are mumbling when they talk to you
- Needing to ask others to repeat themselves often
- Often, those close to you will notice that you have hearing trouble before you notice it yourself



Remember: Your Hearing is Irreplaceable. Protect It!

