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## WHO SAYS

The World Health Organization (WHO) recently declared that the single largest cause of preventable hearing loss is exposure to loud noise, such as that associated with loud music and heavy industry. However, this does not mean that people who do not work in machine shops or go to concerts with amplified music are exempt from noise-induced hearing loss. It is generally agreed that prolonged or repeated exposure to sounds exceeding 85 decibels (dB), which is equal to the noise of heavy city traffic, can cause hearing loss. The louder the sound, the less time it takes for noise-induced hearing loss to occur. This is something to bear in mind when operating a food processor/blender (90dB), motorcycle (95dB), or lawnmower (100dB).

### TIP OF THE WEEK

If you are concerned about causing damage to the ears from noise exposure, it is better safe than to be sorry and use hearing protection.

*P.S. Noise-induced hearing loss typically affects the ability to hear upper-frequency sounds, which inhibits the ability to understand conversation.*

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