



## Environmental Health and Safety Newsletter

October 2025

## October is National Protect Your Hearing Month

In the U.S., hearing loss is the third most common chronic physical condition after high blood pressure and arthritis. In the workplace, employees may be exposed to occupational noise hazards, which makes sense that hearing loss is among the most common work-related complications.

## How to Protect Your Hearing

Here are some hearing safety tips to help you protect your hearing against damage before it's too late.

- Avoid loud noises. Noises at or above 85 dB can cause damage. Lower the volume when using headphones or earbuds.
- Step away from the noise. If you cannot lower the volume, distance yourself from the source.
- Wear hearing protectors. Use earplugs or earmuffs when you can't escape a noisy situation, such as mowing the lawn, using power tools, playing loud music, or attending a concert or sporting event. Activity-specific earplugs and earmuffs are sold online and at hardware and sporting goods stores.
- Protect others. If children are too young to protect their ears, help them protect their hearing. You should also notify family, friends, and colleagues about noise hazards when you can.
- Stay protected. Talk to your doctor if you have concerns regarding your hearing.

**Most work-related hearing loss is irreversible and can significantly impact the quality of life.**

- When all the sounds we want to hear, such as music or the voice of a loved one, are muffled, and of poor quality, hearing loss can result in a loss of enjoyment.
- Hearing loss worsens with time, making it challenging to hear and understand others, which might result in isolation.
- Hearing loss is linked to cognitive decline and heart problems, such as high blood pressure and heart disease.
- Safety at home and work might be affected by hearing loss.
- Hearing loss is linked to depression.
- Tinnitus, or ringing in the ears, can interfere with sleep and concentration and is frequently linked to depression and anxiety.

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## Environmental Health and Safety

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Please share the safety talk, for the noted month, with your employees and sign off on this form. All others should read for themselves. Completed forms shall be kept on file by the department.