

Ear Peace Foundation Contest Posters

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How Loud is Too Loud?
Noise-induced hearing damage is caused by the quantity and duration of exposure. Government research suggests the safe exposure limit is 85 decibels for eight hours a day. Some common activities include:

90 dB	60 min	100 dB	15 min
100 dB	15 min	110 dB	5 min
110 dB	5 min	120 dB	1 min

SHHHH!! NOT SO LOUD!!

PROTECT YOUR HEARING!!

YOU ONLY HAVE ONE SET OF EARS, SO BE KIND TO THEM!

How we hear:
The eardrum vibrates back and forth, sending the sound waves to the cochlea. The cochlea is a spiral-shaped structure that contains the hair cells. These hair cells are connected to the auditory nerve, which carries the sound signals to the brain.

Ears transform sound waves into nerve impulses that are sent to the brain.
While your ears pick up sound, it is sent to the brain which has it make sense of it all.

When working with ear piercing signals, and the sound of someone cutting down a tree, wear ear protection such as noise blocking headphones, ear plugs, etc.

HEARING PROTECTION MUST BE WORN IN THIS AREA

SAVE YOUR HEARING NOW

DANGER Noise

MUSIC
NEVER put your ear to a speaker.
Use different kinds of plugs and take regular breaks from the loud music.
Don't have your headphones too close to your ears.
If you go to a concert, wear earplugs and noise protecting headphones.
Don't listen to music if the sound comes out of the headphones while you are listening to it.

How loud is too loud
Dr. Howard Goldstein, director of Neurotology and Skull Base Surgery at UCSF tested a new way of measuring noise that includes levels produced at ear-ring positions. Here how the toys compare to other noises.

80 dB	100 dB	110 dB	120 dB	130 dB	140 dB	150 dB
Normal conversation	Shouting	Rock concert	Jackhammer	Power lawnmower	Blow dryer	Jet engine

Remember to follow these rules when you take care of your ears!

If you must work or attend an event that has high octave sounds which can damage your hearing, you should wear ear protective gear. For example, Gun range, mechanic shop, fireworks, airport hangar.

LOWER
THE
VOLUME



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YOUR
EARS

DON'T BE A VICTIM.



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TOO

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