Exposure to loud noises for even a short time can be dangerous to the ear. Some signs of possible hearing loss are:

1. You have trouble hearing people speak.
2. To hear the TV or radio, you have to turn the volume up so high other people complain.
3. You experience tinnitus (ringing in the ear).

If you have any of these signs, see your physician. Early recognition of hearing loss is important and can help stop continued damage.

Fortunately, hearing loss in the water and wastewater industries is completely preventable through a combination of quieter equipment, conservation programs, use of proper hearing protection, and good old common sense. It is very easy to use and make a habit of wearing ear muffs, disposable earplugs, and reusable earplugs.

If you don’t use hearing protection now, try it. You will find out that it makes a big difference, and it only takes a few seconds to put these devices on or in your ears.

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