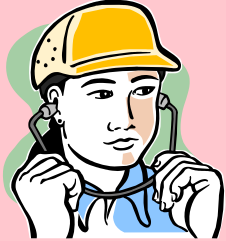


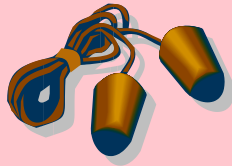
How Loud Is To Loud?

Protection Decibels Source



188	Blue whale
165	Shotgun
150	Firecracker
140	Gun shot
120	Ambulance Siren Jet Engine

Harm after 1 Minute



110	Chain Saw Car horn Rock Concert Hammer drills
105	Personal sterol system set at max level
100	Wood shop Snowmobile
95	Motorcycle
90	Power mower
90	Truck at 16 feet away

Harm after 15 Minutes

85	Heavy city traffic
75	Vacuum cleaner
60	Normal conversation
40	Refrigerator humming
30	Whispered voices Ringing telephone
10	Rustle of Leaves
0	Threshold of normal hearing

Source NIH NIDCD

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SELF EVALUATION

Do you have a problem hearing the Telephone?

Do you have trouble following the conversation when two or more are talking?

Do people complain that you turn the TV volume up to high?

Do you strain to understand conversation?

Do you have trouble hearing in a noisy background?

Do you find yourself asking people to repeat themselves?

Do many people you talk to seem to mumble (or not speak clearly)?

Do you misunderstand what others are saying and respond inappropriately?

Do you have trouble understanding the speech of women and children?

Do people get annoyed because you misunderstand what they say? mis-

3 or more "Yes"s Consider A SCREENING TEST