

# What do Wood Working Tools, Jet Engines, Rock Bands, and Shot Guns Have in Common?

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DWW Safety Discussion

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# All are capable of making loud and dangerous noise

- High speed engines and tools
- High energy release devices
- Impulse noises (guns, drums, hammers, nail guns)

# Dangers of Loud Noise

- Exposure to one loud noise exposure or prolonged exposure can harm your ears.
- Hearing loss and or Tinnitus (ringing of the ear) may result.

# How Many of You Have:

- Ringing of the ear?
- Hearing loss?
- How many of you can't hear the refrigerator open door alarm that your wife and daughter can hear in the next room?

# Our Organ Maker Talk and Shop Visit

- The owner relies on his hearing to tune the organs.
- I asked him how he protects his hearing? He avoids noise, covers his ears, wears ear protection: he still has the hearing of a young man.

# What to do to protect your ears

- Avoid the noise
- Wear ear muffs
- Wear ear plugs
- Or all of the above (plugs can be worn with muffs for extra protection)
- Don't forget eye protection and dust masks

# Several Rules of Thumb

- If the noise is painful, it is potentially harmful.
- Hearing loss or Tinnitus is not reversible.
- Noise is an air pollutant that can impact your health, well being, and quality of life.
- You won't realize its value until you've lost your hearing.
- Some say that hearing is more important than sight. Remember our blind speaker???

# Other Factors Linked to Tinnitus (ringing of the ears)

- Vicodin (and perhaps other drugs) and colds can cause (temporary???) ringing of the ears.
- The internet is full of promotions and remedies (mostly unproven???) to solve Tinnitus. Be careful.
- People get pretty desperate in search of remedies. Some have resorted to surgical hearing removal and suicide to escape the noise.
- Stress tends to increase the perception and loudness of Tinnitus. Stress relief tends to help.