

Have a heart

NOISE AWARENESS WEEK
20-27 OCT.

DON'T GIVE YOUR EARDRUMS A BEATING!



Being hard of hearing is hard to bear. Yet every day you're exposing yourself to unreasonable levels of prolonged

noise that can easily cause damage to delicate hearing cells.

And deafness starts.

ARE YOU WITHIN EAR-SHOT OF HEARING DAMAGE?

Chainsaws, lawnmowers, tractors, rotary hoes, motorcycles, go-karts, outboard motors, firearms and all power tools are potential sources of harm, depending on how long and how often you use them.

It's not only people working full-time with machinery who are at risk. On the farm, in the home, even some leisure-time activities can be noisy enough to damage your hearing, permanently.

PROPER PROTECTION — THE HEART OF HEARING

Don't turn a deaf ear to the problem. And don't face a future that's hard of hearing. The heart of hearing is proper protection. Ear-muffs and

ear-plugs are simple to use and protect your ears from a dangerous beating. Hearing damage doesn't take long. And it can't be cured.

So plug into proper protection and give your ears a break. A lifetime of good hearing takes a lot of beating.

UNREASONABLE NOISE IS A NUISANCE. BE CONSIDERATE — CARE FOR OTHERS.

Equipment	Maximum Noise Level (decibels)	Enough Exposure to Damage Hearing
petrol-driven chainsaw	115	30 seconds
motorcycle (off the road)	110	2 minutes
go-kart	110	2 minutes
tractor	105	4 minutes
outboard motor (above 25 hp)	105	4 minutes
power tools	100	15 minutes
lawnmower	95	60 minutes
rotary hoe	95	60 minutes

Many activities e.g. panel beating, hot-rod-riding, sanding, grinding etc., involve using noisy equipment. If you are going to be exposed to the sound made by such equipment, hearing protectors are essential, if the noise cannot be reduced at source. The louder the noise the higher the grade of hearing protection required.

WHERE NOISE CANNOT BE REDUCED AT SOURCE, WEAR HEARING PROTECTORS.

