

So you just had your hearing tested, now what?

After you complete your hearing test, the hearing technician will let you know if you need any follow-up testing. If not, MEDPROS will take approximately 14 days to update. Whether you're on or off duty, it's important to follow healthy hearing practices. Here are a few rules of thumb to help protect and preserve your hearing:

KNOW THE NOISE LEVELS. Educate yourself about hazardous noise and learn how to detect dangerous noise levels. For example, lawn mowers, power tools, motorcycles, and weapons all have hazardous noise levels. When using these items, know when to wear hearing protection devices to safeguard your ears. A good rule of thumb is: if you have to raise your voice to be heard by someone who is an arm's length away, the noise level is probably hazardous. There are a number of mobile applications and hand-held sound level meters available that can help you monitor exposure levels.

TURN DOWN THE VOLUME. When using your personal listening device, turn down the volume to a "safe" listening level: below 85 decibels. If you have the volume at a loud — but not uncomfortable level — and can still hear conversations in the room, it's a safe level.

REDUCE EXPOSURE. Limit your amount of time and exposure to high levels of noise whenever possible. This may require wearing hearing protection to remain in a noisy environment.

WEAR HEARING PROTECTION. From continual loud noise, such as lawnmowers, to loud impulse noises, such as weapons fire, it's important that you use and properly wear hearing protection devices.

Steady-state noise is hazardous to your hearing when it reaches 85 decibels. Exposure to this level of noise for more than eight hours can cause noise-induced hearing loss and tinnitus (ringing in the ears). Hearing damage can also occur if you are exposed to impulse noises, such as gunfire or firecrackers.

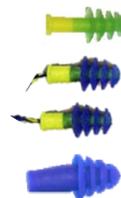
Examples of hazardous noise:

- * **Gunfire:** 160 decibels
- * **Bomb Blasts:** 175 decibels
- * **Jet engines:** 155 decibels
- * **Humvee:** 85 decibels
- * **Motorcycles:** 105 decibels
- * **Personal listening devices with headphones:** 105-120 decibels

TYPES OF HEARING PROTECTION



Foam earplugs



Preformed quad-flange



Tactical earplugs



Peltor TCAPS

*Provided by you unit, not Army Hearing Program

Did you know?: Your unit is required to have a Hearing Program Officer. Contact your Hearing Program Manager for more information. Army Hearing Program Manager Bavaria: CPT Lauren Benitez Email: lauren.d.benitez.mil@mail.mil

Information adapted from: DoD Hearing Center of Excellence <https://hearing.health.mil/>