

# Newsletter



## What is an Audiologist?

- Non-medical healthcare professional specializing in the evaluation, diagnosis, and treatment of hearing and balance disorders
- Requires a doctoral degree in audiology (AuD.)



## Audiology Terms:

- **Decibel (dB):** measurement of the volume/intensity of sound
- **Frequency (Hz):** pitch
- **Audiogram:** graph of your hearing

## Dangerous Decibel Levels

Exposure to sounds above 80 dB may permanently damage your hearing. Wear hearing protection to lower your risk!

105-110 dB		Concert
100 dB		Sporting Events
95 dB		Motorcycle
80-85 dB		Lawnmower
70 dB		Washing Machine
60 dB		Normal Conversation
30 dB		Soft Whisper

## HOW TO PROTECT YOUR HEARING

- Track how loud the environment is
- Wear hearing protection when exposed to hazardous sounds
- Be mindful of how loud you listen to music, especially when using headphones
- Keep your distance from loudspeakers
- Monitor your hearing by maintaining annual audiology appointments

## TYPES OF HEARING PROTECTION



**EARPLUGS**



**HEADPHONES**

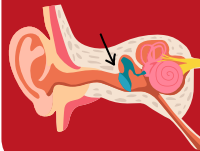


**CUSTOM  
EARPLUGS**



### Did you know...

There is a type of noodle named orecchiette? This translates to "little ears" in Italian!



### Did you know...

The smallest bones in your body are located in your middle ear? They are called the ossicles!



### Did you know...

There is a sound level meter on the Apple Watch? Use the Noise feature to see how loud the environment is!

## RESOURCES

Check out these resources for more information about noise exposure and hearing loss prevention techniques.

### OSHA

[Occupational Safety and Health Administration](#)

### NIOSH

[National Institute for Occupational Safety and Health](#)

### HHF

[Hearing Health Foundation](#)