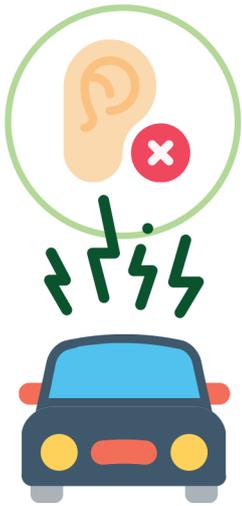


Effect of noise pollution on hearing

LIKE AIR POLLUTION, NOISE POLLUTION CAN BE A VERY SERIOUS ISSUE FOR THE BODY.

According to the World Health Organization, we can't endure sounds or noises that are above 70 decibels. Just to put that into perspective and provide you with an idea of how important this is, a hair dryer produces a noise of about 90 decibels.



Want to see more alarming data?

- Horns produce 110 decibels of noise.
- A sound that lasts mere seconds, and has a pressure of 160 decibels, like an explosion, can pierce the eardrum.
- Prolonged exposure to noise above 50 decibels can lead to a progressive loss of hearing.



How to protect yourself from noise pollution?

- When doing tasks that cause loud or continuous noise, use protective gear for the ears.
- Consider if you need to raise your voice to be heard by someone who is less than a meter away. If yes, find another place to talk.
- Turn off the radio and / or TV if you don't really intend to listen to music or watch television. This minimizes background noise.
- If you live near highways or very busy places, consider using earplugs to sleep.
- Plant trees to create natural noise buffers.



When noticing signs of hearing loss, such as the need for lip reading to understand what is being said, being bothered by radio or TV sounds, or the need to increase the volume on sound devices, consult with a health professional.

