

Protect your hearing!

Hearing loss is 100% preventable!

Hearing loss in adult farmers is almost double that of non-farmers.

Sounds that are too loud for too long can damage your hearing permanently.

Once it's gone, you can't get it back.



COMFORT ZONE

PROTECTION REQUIRED

*Hearing protection is recommended at 85 dB

FIVE WAYS TO PROTECT YOUR HEARING

1. Use hearing protection – earplugs or muffs
2. Make sure your hearing protection fits
3. Rotate jobs so exposure time to loud noises is reduced
4. Make sure cab doors and windows fit tightly and are closed
5. Check that your equipment and machinery is in good working order

With support from:



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