Hearing Loss

- Hearing loss from noise exposure is the second leading cause of hearing loss in America.
- It is the most prevalent occupational health hazard in the military.
- Noise-induced hearing loss is often underrated, as there are no visible signs of injury - yet the damage is permanent.
- Hearing loss sneaks up on you - often you don't know you have a loss, until it becomes significant.

The hearing sense

- Your hearing is priceless... probably the most important sensory system you have.
- Good hearing is what connects us with our world, our interests, our relationships, our family, our friends, our environment, our cell phones, our music, our work, our fun...
- It is typically taken for granted - until it is lost.
- You have only one set of ears to last your entire lifetime.
- Don't miss out on the sounds of life.

Hearing Conservation

Hearing Conservation Information

Wear Your Hearing Protection!

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Preserving your hearing is job #1.

Give me a shout!
Hearing Conservation Program (HCP)

If you routinely work in a hazardous noise environment, you are:

- Enrolled in the HCP
- Required to wear hearing protection in all noise hazardous areas
- Required to have annual hearing tests

STS... What is it?

Hearing tests monitor your hearing for changes. A decrease in hearing is called an STS, or Significant Threshold Shift. If you incur an STS, you are required to:

- Return (preferably the next day) for a follow-up hearing test
- If an STS still exists, you will receive one more test (on the same day as the follow-up test)

The purpose of this series of 3 tests is to determine if the shift in hearing is temporary or permanent. To assess the proper fit and effectiveness of your earplugs additional screening with Veripro might be indicated.

STS vs PTS

If the STS resolves:

- This means the STS was temporary and your hearing sensitivity has returned. It also means that your current hearing protection practices are failing. Pay attention to these warning signs and consistently wear your hearing protection to avoid future STS’s.

If the STS persists through all 3 tests:

- You have sustained a PTS, or Permanent Threshold Shift. This means that you have incurred some permanent hearing damage.

What happens next?

- You will be referred to an Audiologist for diagnostic testing to determine the cause of the loss and to revise your baseline hearing test to reflect your new hearing levels.
- If your hearing loss exceeds certain levels, the appointment may include a Fitness for Duty evaluation to determine if you are still able to function in your current job with a significant hearing loss.

Now what?

- Use this opportunity to change your hearing protection practices.
- Always wear your hearing protection when in noise (on & off duty).
- Be a good example to supervisors, co-workers and subordinates. Help reduce hearing loss in your work environment & encourage others to wear their protection.

Hearing protection responsibilities

Your command is responsible for purchasing hearing protection. Your responsibility is to obtain it from them and wear it consistently.