

# Do You Know What Tinnitus Is?

## Hearing protectors prevent permanent ear injury

- Hearing loss occurs gradually (even in intense exposures) so that, by the time you notice it, irreversible damage has already occurred.
- Physical effects of hearing damage include loss of hearing, pain, and nausea.
- Hearing damage affects not just people's professional lives, but also their home and social lives.
- Wearing high-quality industrial earplugs or ear muffs helps protect your ears and your hearing.

