

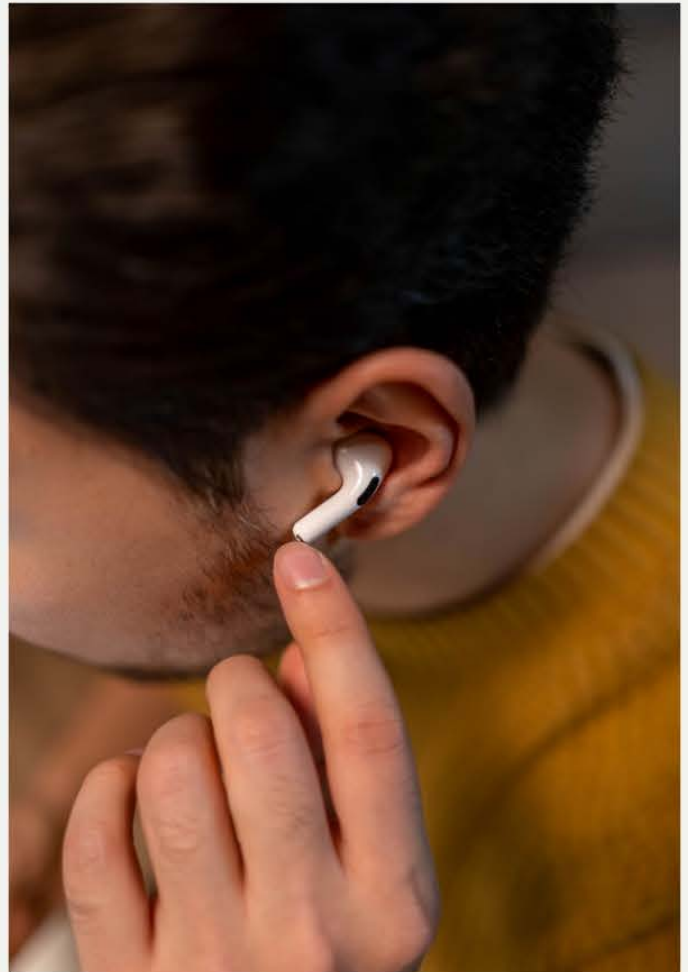
Hearing Conservation

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The Hearing Conservation program enables us to prevent early hearing loss, preserve/protect remaining hearing, and provide members with the knowledge to protect themselves.

EXAMPLES OF WHEN YOU MIGHT BE EXPOSED TO HAZARDOUS NOISE

- Mowing the lawn
- Listening to your earbuds too loud
- Riding a motorcycle
- Working with power tools
- If you have to yell or shout from a distance of 3 feet for someone to hear you, you are most likely exposed to hazardous noise



Yokota Air Base Public Health encourages you to take the necessary steps to protect your hearing. If you are exposed to noise that exceeds 85 decibels, we recommend using ear plugs or ear muffs. If you are not sure of the decibel level you are exposed to, download any decibel meter app on your phone to check.

Feel free to contact your Public Health office at 225-5311 for any questions or concerns.