

## **HEARING LOSS PREVENTION STRATEGIES**

- Take a break from noisy activity.
- Reduce noise at the source by using quieter equipment and keeping equipment well maintained and lubricated.
- Enclose the source of the noise or put a barrier between you and the source.
- Increase the distance between you and the source of the noise.
- Reduce your time in noisy areas.
- Always wear hearing protection in noisy areas.