

Mayo Clinic Minute

How to protect your hearing

Video	Audio
	The world we live in can be loud.
Colin Driscoll, M.D. Otorhinolaryngology Mayo Clinic	"There are a lot of common activities we engage in that provide sustained, damaging noise exposure: leaf blowers, lots of power tools, lawnmowers."
	Dr. Colin Driscoll says hair dryers, vacuum cleaners — even pounding a nail — can produce sounds that can damage your hearing.
Colin Driscoll, M.D.	"There are OSHA guidelines for occupational safety and health guidelines that start to kick in at 85 decibels."
	Sudden loud noises or sustained loud noises can damage the tiny hairs in your inner ear that are essential to hearing.
Colin Driscoll, M.D.	"They don't regenerate. You want to hang on to every little hair cell in the inner ear you can."
	Dr. Driscoll says wear ear plugs or noise-cancelling headphones. And never ...
Colin Driscoll, M.D.	"... double the damage by wearing your radio headset or your music, and then turn it up really loud so you can hear it over the lawn mower."
	Be nice to your ears. They're the only ones you've got.
	For the Mayo Clinic News Network, I'm Vivien Williams.