Protect your hearing & your health

The Hidden Toll of Occupational Noise Exposure

We know that exposure to too much noise damages hearing, but did you know that noise exposure is also associated with other conditions? The following are examples of how hazardous noise can affect your health.

Reduce noise exposure to protect your hearing AND your health!

Noise Induced Hearing Loss

Reduced hearing makes it difficult to hear conversations, important sounds, and to stay connected with your surroundings. Noise induced hearing loss is permanent., but completely preventable.

Mental Health

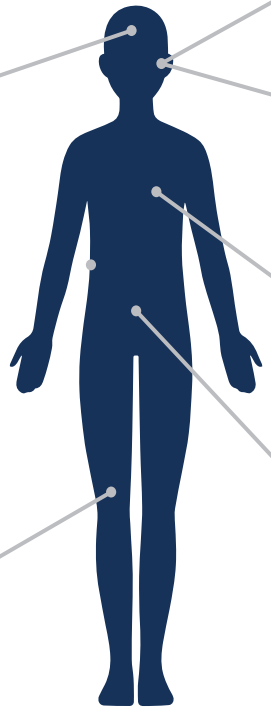
Anxiety, annoyance, stress and depression are linked with working in high noise.

Sleep Quality

Occupational noise exposure interferes with sleep patterns, which can increase the risk of heart disease, diabetes, and obesity.

Social Isolation

People may stop joining social activities because they have trouble hearing people speaking



Tinnitus

Ringing or buzzing in the ears, known as tinnitus, may be a sign of damage to the ears - similar to how sunburn is a warning sign of skin damage. Tinnitus can become a permanent condition.

Cardiovascular Disease

Working in noise is associated with higher risk of high blood pressure, elevated cholesterol, heart attacks and strokes.

Accidents/Injuries

Workplace noise is associated with an increased risk of accidents and injuries. This may be due to factors such as noise interfering with communication, worker distraction, stress, or fatigue.

Reproductive Health

If you are pregnant, or thinking of becoming pregnant, talk to your doctor about the risk of high noise exposure.

ISEA INTERNATIONAL SAFETY EQUIPMENT ASSOCIATION

alliance An OSHA Cooperative Program

CAOHC Council for Accreditation in Occupational Hearing Conservation

ASSP

Through OSHA's Alliances with ASSP, CAOHC, and ISEA, the participants developed this infographic for informational purposes only. It does not necessarily reflect the official views of OSHA or the U.S. Department of Labor. August 2025.

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