

HEARING LOSS PREVENTION STRATEGY:

EARS²U



EDUCATE

yourself about hazardous noise.

ADJUST

the volume of your personal listening devices.

RECOGNIZE

and reduce noise hazards.

SELECT

and properly use hearing protection devices.

SEEK

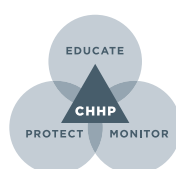
annual hearing health services from an audiologist.

UNDERSTAND

the consequences of unprotected exposure to noise: it can cause permanent inner ear damage.

It's a noisy world ... Protect your hearing.

HEARING.HEALTH.MIL



DEPARTMENT OF DEFENSE
**HEARING CENTER
OF EXCELLENCE**