Recognizing Symptoms of Hearing Damage Picture This



This image shows a worker experiencing discomfort, likely due to excessive noise exposure—an early sign of potential hearing damage. Common symptoms include ringing in the ears (tinnitus), ear pain, difficulty understanding speech (especially in noisy environments), and a sensation of fullness or pressure in the ears.

Recognizing these symptoms early is essential to prevent permanent hearing loss. Workers who notice any of these signs should report them immediately, undergo a hearing evaluation, and review their use of hearing protection. Consistent use of properly fitted earplugs or earmuffs and limiting exposure to high-decibel environments can significantly reduce the risk. Employers should also ensure noise assessments are conducted regularly and that hearing conservation programs are in place.