

# Farm Workers Should Protect Hearing

**HUNTINGDON** (Huntingdon Co.) — Many farmers have something in common with many rock musicians: hearing damage. Farmers should take steps to protect their hearing before it's too late, said a safety expert in Penn State's

College of Agricultural Sciences. "Loud rock music averages about 115 decibels," said Dr. Dennis Murphy, professor of agricultural and biological engineering. "Farm noise ranges between 90 and 140 decibels, well above the

85-decibel limit at which industrial employers are mandated to provide hearing protection for workers."

Consistent, repeated exposure to such volumes can damage hearing before you notice any change,

Murphy said. "You may even think you're getting used to the noise, but it's more likely that you've already acquired a mild hearing loss."

Hearing loss has warning signs, however. "Ringing, buzzing, or whirring in your ears may indicate temporary hearing loss," said Murphy. "If you listen to the radio or television at a volume uncomfortable to others, you may have some damage. Frequently asking people to speak up also may indicate hearing loss."

How can you tell if you need noise protection? "If you need to shout to be heard three feet away, the noise is too loud," Murphy said. "Reduce the noise level or wear hearing protection. Protecting your hearing today can save you a lot of misery tomorrow."

Even though surveys show farmers recognize the hazards of excessive noise, they rarely use hearing protection. "Some farmers believe that ear protection is inconvenient, unhandy, or too time-consuming," Murphy said. "It may take some getting used to, but the benefits far outweigh any in-

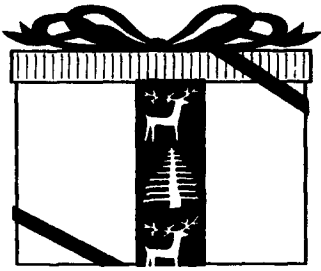
convenience."

Noise protection devices come in two basic forms — muffs that fit over the ears and plugs that fit inside. On average, these devices reduce noise volume by about 25 decibels. They are available from health and safety catalogs, drug and sporting goods stores, or through licensed audiologists.

When choosing hearing protection, consider cost, comfort, and effectiveness. "Muffs are comfortable for longer wearing times but are not effective when obstructed by glasses or hats," Murphy said. "Hearing plugs are less noticeable than muffs and are small enough to fit in a pocket."

Disposable ear plugs may cost less than \$1. Muffs cost from \$5 to \$80. "Disposable plugs are convenient, but can become expensive if used regularly," he said. "Reusable plugs or muffs are a better choice for frequent wearers."

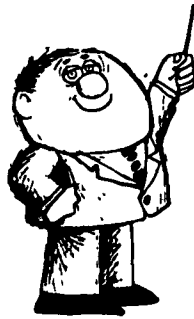
Activities such as shooting guns, listening to loud music, or attending loud concerts and sporting events also can damage your hearing.



## Lancaster Farming

### HOLIDAY ADVERTISING SCHEDULE

| MONDAY   | TUESDAY  | WEDNESDAY                         | THURSDAY                         | FRIDAY                    | SATURDAY               |
|--|--|-----------------------------------|----------------------------------|---------------------------|------------------------|
| DEC. 20  | DEC. 21  | DEC. 22                           | DEC. 23                          | DEC. 24                   | DEC. 25                |
| <b>PUBLIC SALE</b><br>12 Noon<br>ROP ADV.<br>5:00 PM | <b>CLASSIFIED FARM EQUIPMENT &amp; ETC.</b><br>5:00 PM | <b>EARLY DELIVERY FOR HOLIDAY</b> | <b>PRINTING AND MAILING DATE</b> | <b>HOME DELIVERY DATE</b> | <b>MERRY CHRISTMAS</b> |
| DEC. 27  | DEC. 28  | DEC. 29                           | DEC. 30                          | DEC. 31                   | JAN. 1                 |
| <b>PUBLIC SALE</b><br>12 Noon<br>ROP ADV.<br>5:00 PM | <b>CLASSIFIED FARM EQUIPMENT &amp; ETC.</b><br>5:00 PM | <b>EARLY DELIVERY FOR HOLIDAY</b> | <b>PRINTING AND MAILING DATE</b> | <b>HOME DELIVERY DATE</b> | <b>HAPPY NEW YEAR</b>  |
| JAN. 3   | JAN. 4   | JAN. 5                            | JAN. 6                           | JAN. 7                    | JAN. 8                 |
| <b>PUBLIC SALE</b><br>12 Noon<br>ROP ADV.<br>5:00 PM | <b>CLASSIFIED FARM EQUIPMENT &amp; ETC.</b><br>5:00 PM | <b>EARLY DELIVERY FOR HOLIDAY</b> | <b>PRINTING AND MAILING DATE</b> | <b>HOME DELIVERY DATE</b> | <b>FARM SHOW OPENS</b> |



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- 1- Farm Equipment
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  - 2- Farm Eq. Wanted
  - 3- Sites and Underlens
- The following categories are available in your classified advertising. In Section C. Deadline- Wednesday afternoon at 5 of each week's publication.
- 4- Building and Supplies
  - 5- Grain Equipment
  - 6- Dairy Equipment
  - 7- Livestock Equipment
  - 8- Cattle
  - 9- Horses & Mules
  - 10- Sheep & Goats
  - 11- Swine
  - 12- Artificial Breeding
  - 13- Hog Eq. & Supplies
  - 14- Poultry & Supplies
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**PLEASE CALL OUR CLASSIFIED AD DEPT. IF YOU WANT TO ADVERTISE A DISPLAY BOX IN OUR PAPER.**

**NOTE:** Please do not use this form for Mail Box Market Ads, see instructions with Mailbox Markets.

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Please publish my \_\_\_\_\_ word ad \_\_\_\_\_ times starting with the \_\_\_\_\_ issue. Classify under # \_\_\_\_\_ I enclose \_\_\_\_\_

Box Replies: Ads with answers coming to a box number, c/o Lancaster Farming: \$1.50 per ad per week additional.  
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**SECTION D - THURSDAY AT 9:00 A.M.**  
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| Words    | 1 Time | 2 Times | 3 Times |
|----------|--------|---------|---------|
| up to 11 | 3.96   | 7.92    | 9.90    |
| 12       | 4.32   | 8.64    | 10.80   |
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| 15       | 5.40   | 10.80   | 13.50   |
| 16       | 5.76   | 11.52   | 14.40   |
| 17       | 6.12   | 12.24   | 15.30   |
| 18       | 6.48   | 12.96   | 16.20   |
| 19       | 6.84   | 13.68   | 17.10   |
| 20       | 7.20   | 14.40   | 18.00   |

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