

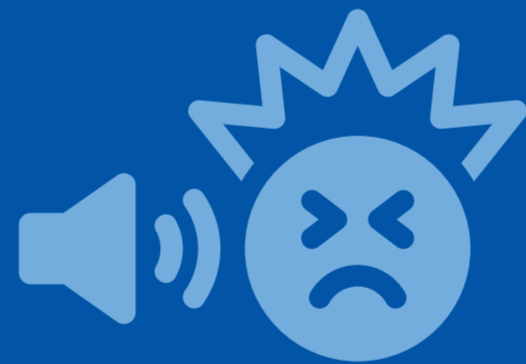
Why protecting your **hearing** is **important**

Good hearing is linked to your well-being and quality of life.

When you can't hear well, it can negatively affect many areas of your life - now and when you're older.



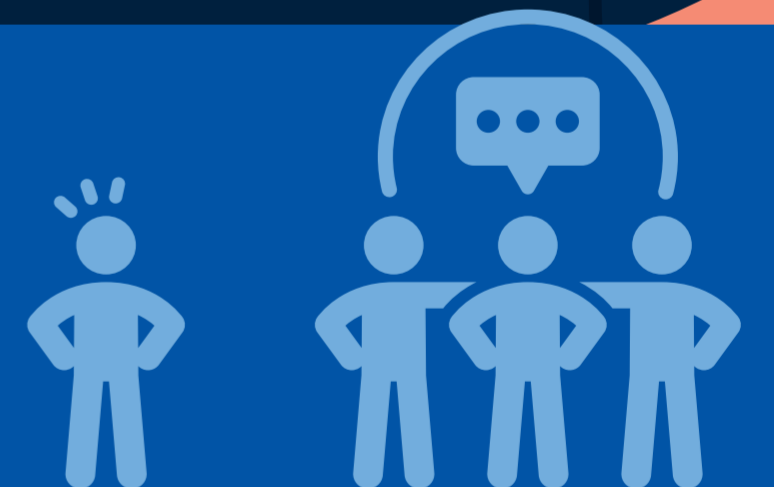
It's important to take care of your hearing:



You're at personal high risk if you cannot hear warning signals or instructions



Noise is proven to increase stress, blood pressure and heart rates



Damaged hearing can impact your connection to family and friends when you can't hear them in conversations or on the phone

Your exposure to loud noise can cause **long-term** damage to your hearing.



Protect your hearing

#TOOLOUD