How Noise-Induced Hearing Loss (NIHL) Occurs Picture This



In this image, a man is yelling through a megaphone directly at a woman who is covering her ears in distress. The setting appears to be an indoor space, possibly a workplace or office. The noise exposure is clearly intense, and the woman’s reaction shows discomfort. This scenario demonstrates how excessive or sudden loud noises—even from non-industrial sources—can negatively affect hearing and cause stress.

The main issue here is the direct and unprotected exposure to loud sound, which can contribute to Noise-Induced Hearing Loss (NIHL). Sudden, sharp noises close

to the ears are especially harmful and can damage the inner ear. Hearing protection should be used in any environment where noise levels are high, and loud behavior must be managed. Employers should promote respectful communication and provide noise hazard training.