'Ears something you should read

Approximately 10 million Americans now suffer from irreversible, noise-induced hearing loss.

The spring 2011 issue of Comp News focuses on how you can protect your ears from noise, both on and off the job. The magazine explains how noise affects your sensitive ear hairs, and even answers the question: "What is a sensitive ear hair?" You can learn how to properly insert an earplug, what kinds of ear protection are available, and what the decibel level is of your average music concert. And yes, ear protection at concerts is a good idea.

In this issue, we list policyholders that have been with SAIF since the late 1950s-early 1960s, the first in a series that will continue until 2014, when we celebrate our 100th birthday by featuring companies that have been with us since almost the beginning.

A student who received one of the Workers' Memorial Scholarship awards, presented annually by Oregon OSHA, is profiled, and there is a report on what's going on at the Legislature that might affect workers' compensation.

Here are some articles from the spring 2011 issue of Comp News that you can read online.

Noise in the workplace
Preventing noise-induced hearing loss

Noise in the park
Oregon's state parks aren't always as quiet as you think.

Hearing loss isn't funny
Noise of enthusiastic crowds, dance bands, rock concerts, and race cars can also be a threat to your hearing.

Hearing protection: an ounce of prevention
Hearing protection falls roughly into three categories: ear caps, earplugs, and earmuffs.

View the entire magazine