When sound hits these little hairs (cilia), they move back and forth - which sends a message to the brain. When exposed to loud noises repeatedly for long periods of time, they slowly begin to breakdown and die. They will never grow back and they can’t be replaced.

Slowly your hearing will begin to fade as the surrounding hairs work overtime absorbing the sound pressure. The more hairs that die, the faster the surrounding hairs begin to die. Eventually, you lose your hearing, unless you wear your...

**Questions:** Which is better, ear muffs or ear plugs?

**Answer:** It depends on the NRR number. Generally ear plugs have a higher NRR number. When properly worn, they provide better hearing protection!