I've been working construction for 10 years now.

I'm the primary breadwinner in my family, so I'm very cautious when I'm on a site.

I can't let an accident happen.

Until recently, I thought I was doing everything I could to stay safe, but I started

hearing a ringing in my ears that just wouldn't got away. My doctor said it's called tinnitus.

I didn't always wear my hearing protection when I was putting on all my safety gear

and I was starting to feel the consequences. I've definitely heard my coworkers complain

about not being able to hear but I always chalked it up to age.

Then I learned about the risks associated with construction site noise levels.

Now I'm aware of all the ways I can protect my hearing

and I encourage others to protect themselves as well.

Whether it's actually wearing earplugs, standing farther away from

equipment or demolition, when we can, or participating in safety trainings,

I have become very involved in my own protection. And if there are issues,

I want to call attention to them. I love my job but it's nothing compared

to how much I love hearing my kids laugh.

(lively music)