

What can you do to protect your hearing?



Turn down the sound



Move away from the sound source



Wear hearing protection such as ear plugs or ear muffs

Continuous Sound Pressure	Permissible Exposure Time
85 dBA	8 hours
88 dBA	4 hours
91 dBA	2 hours
94 dBA	1 hour
97 dBA	30 min
100 dBA	15 min
103 dBA	7.5 min
106 dBA	<4 min
109 dBA	<2 min
112 dBA	~1 min
115 dBA	~30 sec



For More Information:

Ear Peace: Save Your Hearing Foundation

www.EarPeaceFoundation.org



World Health Organization

www.who.int

YouTube:

<https://youtu.be/dhwQQ9wn064>



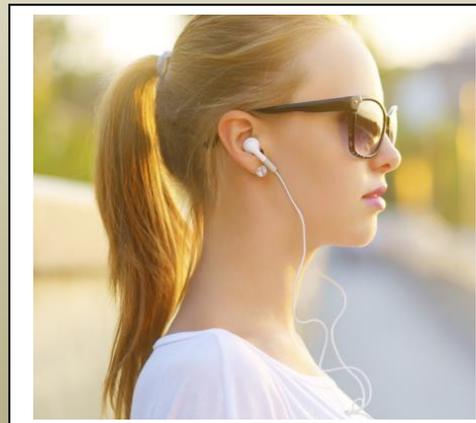
www.EarPeaceFoundation.org

<https://www.facebook.com/EarPeaceFoundation/>

<https://www.instagram.com/EarPeaceFoundation/>

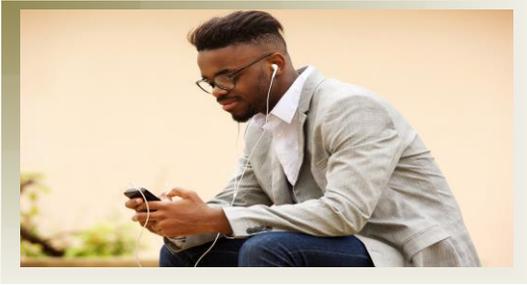
This brochure was developed by Kelly N. Culhane in partial fulfillment of her Girl Scout Gold Award Project to raise awareness of NIHL among teens.

THE HEARING LOSS EPIDEMIC



1 In 5 teens will suffer from Noise-Induced-Hearing-Loss (NIHL) by age 19 in the U.S.

A SILENT EPIDEMIC



1.1 billion teenagers and young adults are at risk of developing hearing loss due to unsafe use of personal audio devices and exposure to damaging levels of sound in noisy entertainment venues.¹

Among young people 12-35 years of age who live in middle- and high-income countries:

- Nearly **50% listen to unsafe levels of sound through personal audio devices** (MP3 players, smart phones, other devices);
- Approximately **40% are exposed to potentially damaging levels of sound** at restaurants, nightclubs, concerts and sporting events.

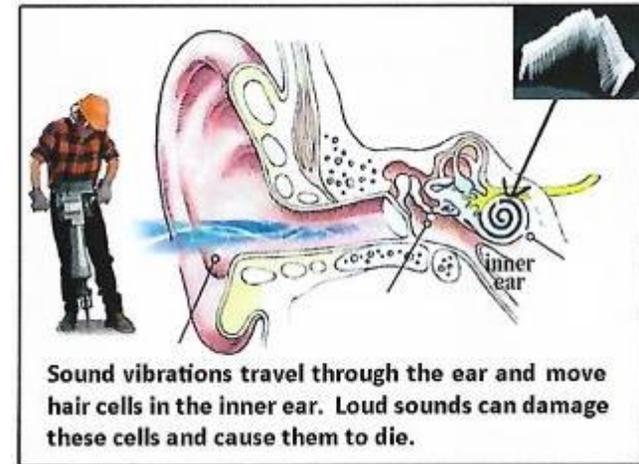


THE WORLD IS A LOUD PLACE

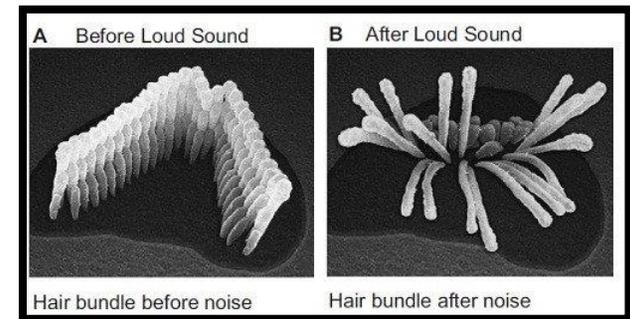


Protect Your Hearing: Follow the 60/60 Rule: maximum 60% volume for maximum 60 minutes. Take breaks from listening to give your ears a rest.

NOISE-INDUCED-HEARING-LOSS



We are born with about 18,000 hair cells in each ear which transmit sound waves to the brain allowing us to hear and interpret sound. Sounds over 85 decibels (db) can damage these delicate hair cells and cause hearing loss. Overexposure to loud sound can also cause Tinnitus (ringing or buzzing in the ears). Most Americans are unaware of this epidemic because NIHL is painless and generally occurs gradually over the course of many years. **While hearing loss is progressive and permanent, it is also preventable.**



Permanent hair cell damage after exposure to loud noise

¹ World Health Organization New Release, 27 February 2015.