

Safety Tip

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Ways to prevent hearing loss from headphone use

If you think hearing loss only happens to the elderly, you might be shocked to discover that today, 1 out of every 5 teenagers has some degree of hearing loss globally. Additionally, the rate of hearing loss in teens is 30 percent higher than it was in the 1980s and 90s.

The unsafe listening practices includes going to loud sporting events and concerts without earplugs, along with the unsafe use of earphones.

But it's the use of headphones that may be the biggest threat.

That amount of exposure—if you're not careful—can slowly and quietly steal your hearing at an early age, leading to hearing aids later in life.



Here are essential safety guidelines you can use to preserve your hearing without sacrificing your music.

01

1. Limit volume

Any sound louder than 85 decibels can result in permanent hearing loss, but you don't need to buy yourself a sound meter to measure the decibel level of your music. Instead, a useful general guideline is to keep your headphones volume at no louder than 60 percent of the maximum volume. Any higher and you'll likely be over the 85-decibel threshold.

02

2. Limit time

Taking periodic rest breaks from the sound is also crucial, as 60 decibels uninterrupted for two hours can be far more damaging than four half-hour intervals distributed throughout the day. The longer you expose your ears to loud sounds, the more substantial the damage can be.

03

3. Choose the right headphones

The reason most of us have difficulty keeping our headphone volume at less than 60 percent of its max is due to background noise. As surrounding noise increases, like in a busy gym, we have to compensate by boosting the music volume. The remedy to this is the usage of noise-cancelling headphones. If background noise is lessened, sound volume can be limited, and high-fidelity music can be enjoyed at lower volumes.

Note: It's well worth to spend money on a pair of top quality headphones, ideally ones that have noise-cancelling technology. That way, you can adhere to the 60/60 rule without compromising the quality of your music and, more significantly, your hearing down the road.

Safety Tips

An initiative to share a safety and security tip to encourage caution amongst society...it's **worth following and sharing with near and dear ones!** We encourage everyone to be a part of this initiative through their inputs and thoughts.