



World Health  
Organization

# Did you know 1 in 4 young people are at risk of hearing loss due to unsafe listening?

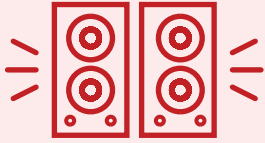
Could you be one of them?

Read on to know more and learn  
some tips for safe listening



*Make Listening Safe*





### **Loud sounds damage ears!**

Listening to loud sounds damages sensory cells in your ears. This can lead to noise-induced hearing loss or ringing in the ear (tinnitus).



### **You could be at risk of noise-induced hearing loss if you regularly:**

- work in a noisy place,
- listen to audio over head/earphones,
- visit places with amplified music e.g., nightclubs, concerts, or fitness classes.



### **Noise-induced hearing loss is permanent**

Hearing loss due to noise cannot be reversed. People with hearing loss can benefit from hearing devices and rehabilitation services.



### **But, noise-induced hearing loss can be prevented!**

Safe listening practices can prevent hearing loss. The louder you listen, the shorter the time for listening safely. By turning the volume down or protecting your ears, you can listen for longer without harming your hearing.

# Adopt these simple safe listening behaviors

1



## Keep the volume down

Set your device's **volume level** to no more than **60% of maximum**.

Use well-fitted, and **noise cancelling** headphones.

3



## Limit time spent engaged in noisy activities

In a noisy place, take **regular breaks** in a quiet area.

**Limit daily use** of personal audio devices.

2



## Protect your ears from loud sounds

**Wear earplugs** in noisy places.

**Move away** from sources of sound, such as loudspeakers.

4



## Monitor listening levels

**Use apps** to monitor your sound exposure.

Choose devices with **built-in safe listening features**.

## Make sure that you:

### Heed the warning signs

Contact a doctor if you have:

- persistent ringing in the ear (tinnitus),
- difficulties hearing high-pitched sounds or following conversations.

### Get regular hearing checks

- Self-check your hearing using apps such as **hearWHO**.
- Seek professional advice if you fail the hearing check or have signs of hearing loss.



**Listen with care!**  
**Once you lose your hearing,**  
**it won't come back.**

**Make Listening Safe!**

WHO/UCN/NCD/SDR 21.2

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For more details refer to:  
[https://www.who.int/health-topics/  
hearing-loss](https://www.who.int/health-topics/hearing-loss)