Did you know 1 in 2 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.

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.

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.
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.

2. Protect your ears from loud sounds
   Wear earplugs in noisy places.
   Move away from sources of sound, such as loudspeakers.

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.

4. Monitor listening levels
   Use apps to monitor your sound exposure.
   Choose devices with built-in safe listening features.
Listen with care!
Once you lose your hearing, it won’t come back.

Make Listening Safe!

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.