

## **THE HEARING LOSS ASSOCIATION OF AMERICA (HLAA) URGES CAUTION**

**YOU MAY BE CAUSING YOURSELF, YOUR FAMILY MEMBERS, EMPLOYEES, CUSTOMERS, OR AUDIENCES TO LOSE HEARING!**

**LOUD MUSIC CAN CAUSE NOISE-INDUCED HEARING LOSS (NIHL)!**  
**WHEN MUSIC IS TOO LOUD, PLEASE TURN DOWN THE VOLUME!**

When background music is too loud and people try to converse, they resort to shouting just to be heard which adds to unhealthy noise levels. Loudness is measured in decibels. Exposure to very loud noise or music, for even a short period of time, can cause permanent hearing loss. To avoid hearing loss:

1. Don't listen to very loud music; wherever loud music is played ask that the volume be lowered and be prepared to use hearing protection as needed.
2. Use headphones and earbuds that limit the volume to 85 decibels or less.
3. Wear earplugs or earmuffs when mowing lawns and using leaf blowers. When you're exposed to excessively loud music or noise for hours at a time, you can still lose hearing even if you wear both earplugs and earmuffs at concerts, sporting events, car races, and shooting ranges.
4. Avoid loud music and noise whenever possible; quickly leave the site of the excessively loud music if you don't have adequate hearing protection.

**BE DECIBEL WISE: UNDER 85 KEEPS HEARING ALIVE!**

**YOU CAN USE YOUR IPHONE, IPAD, IPOD TOUCH, OR ANDROID AS A DECIBEL METER TO DETERMINE THE NOISE LEVEL YOU'RE HEARING. FREE APPS ARE AVAILABLE, IPHONE USERS CAN GO TO THE APP STORE AND DOWNLOAD "DECIBEL METER." ANDROID USERS CAN GO TO THE PLAY STORE AND DOWNLOAD "DECIBEL METER." ONCE YOU HAVE DOWNLOADED A DECIBEL METER, YOU CAN CHECK IT FOR ACCURACY. NORMAL SPEECH LOUDNESS SHOULD REGISTER 65-75 DECIBELS. FOR MORE PRECISE READINGS, BUY A DECIBEL METER AT AN ELECTRONICS STORE. (IPHONE USERS AND ANDROID USERS: DON'T IGNORE THE LOUDNESS WARNINGS ON YOUR SMARTPHONES.)**

At 91 decibels, your ears can tolerate 2 hours of exposure within 24 hours.

At 100 decibels, hearing loss can occur within 15 minutes of exposure.

At 140 decibels, immediate nerve damage can occur.

If you're ever near gunfire, firecrackers, or jet planes at take off, which are all louder than 140 decibels; use your fingers to plug your ears and distance yourself from the noise. The more you distance yourself from very loud music and noise, the less your hearing will be affected.

## MAXIMUM RECOMMENDED NOISE/DOSE/ EXPOSURE LEVELS PER 24 HOURS

DECIBEL LEVELS	TIME LIMITS PER 24 HOURS
85	8 hour
88	4 hours
91	2 hours (a leaf blower, a gas lawn mower)
94	1 hour
97	30 minutes
100	15 minutes (a riding lawn mower)
103	7.5 minutes
106	3.7 minutes
109	112 seconds
112	56 seconds
115	28 seconds
118	14 seconds
121	7 seconds (concerts, sporting events)

**EXPOSURE TO LOUD MUSIC IS CUMULATIVE WITHIN A 24 HOUR PERIOD.** CONSIDER THIS: IF YOU DRIVE TO WORK FOR ONE HOUR WHILE LISTENING TO MUSIC AT A VOLUME OF 91 DECIBELS, AND THEN YOU DRIVE HOME LISTENING TO MUSIC AT THE SAME VOLUME OF 91 DECIBELS, YOU CAN EXPERIENCE SOME HEARING LOSS.

Children's headphones: Maxell Safe Soundz, Toys R Us (75 decibels limit) ages 3-5, \$17  
Maxell Safe Soundz, Toys R Us (85 decibels limit) ages 6-9, \$20  
Mutant Ninja Turtles, Toys R Us (85 decibels limit) ages 7-16, \$20

Children's ear buds:

Travel time child-safe headphones (buds) at some Target stores (78 decibels limit) \$21  
Animatone (earbuds) by ifrogz on line and online at Toys R Us (85 decibels limit) \$20

Inserting earplugs properly: Use the fingertips of both your hands to roll an earplug to the size of a toothpick. Roll gently at first and then use more and more force gradually, then put your left hand over your ear, lift the right outer ear up and back and insert the earplug. Hold the earplug in your ear for 15 seconds as it expands. Roll/prepare another earplug for insertion into the left ear. Put your right hand over your head; lift the left outer ear up and back and insert the earplug. Hold the ear plug in your ear for 15 seconds as it expands.

FOR MORE INFORMATION ABOUT THE DANGERS OF LOUD MUSIC AND NOISE REFER TO: [dangerousdecibels.org](http://dangerousdecibels.org) and [www.noisehelp.com](http://www.noisehelp.com) and you can also google "It's a Noisy Planet." This information is provided by Dr. Emilio Cortez, Co-chair of the HLAA Committee, "Turn Down the Volume." Dr. Cortez is available as a speaker to present insights and information related to Noise-induced Hearing Loss. You can contact Dr. Cortez at [cortez@hlaa-pa.org](mailto:cortez@hlaa-pa.org)

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