

WHERE IS IT TOO LOUD?

Here are some common situations where noise can be so loud it can damage your child's hearing.

- Social events with amplified or live music: birthday parties, weddings, bar/bat mitzvahs
- Outdoor events: parades, fireworks, amusement parks
- Indoor entertainment: movies, video arcades, discos, music concerts
- Around the home and outside: vacuum cleaners, hair dryers, lawn mowers, tractors, leaf blowers
- Entertainment devices: toys, computers, computer games, personal music players with earbuds or headphones, stereos
- On the street: traffic, car horns, emergency vehicle sirens, trains, planes, subways
- Recreational vehicles: motorcycles, all-terrain vehicles, snowmobiles, sports cars
- Sporting events: NASCAR races, indoor arena events, hockey, basketball, shooting contests, hunting
- At school: band participation



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WHERE CAN I GET MORE INFORMATION?

Ask your audiologist and visit these web sites:

- Better Hearing Institute
— www.betterhearing.org
- Center for Hearing and Communication
— www.chchearing.org
- Dangerous Decibels
— www.dangerousdecibels.org
- H.E.A.R. (Hearing Education and Awareness for Rockers)
— www.hear.net
- HEAR-it.org
— www.hear-it.org
- It's a Noisy Planet
— www.noisyplanet.nidcd.nih.gov
- Listen to Your Buds
— www.listentoyourbuds.com
- National Hearing Conservation Association
— www.hearingconservation.org
- Noisy Toy Studies
— www.sightandhearing.org
- WISE EARS! — National Institute on Deafness and Other Communication Disorders
— www.nidcd.nih.gov/health/wise/
- **ADVANCE for Audiologists**
— <http://audiology.advanceweb.com>

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PROTECTING YOUR CHILD'S EARS

Children can lose their hearing if they are placed in dangerously loud environments — some of which are common situations. Do you know what they are?

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WHY IS HEARING IMPORTANT?

It forms the basis of our ability to learn and communicate. With the ability to hear, a child can develop speech and language skills, learn in school and make friends.

Hearing also is important to safety. It can alert children to their surroundings and danger.

More than 5 million children aged 6-19 have hearing loss caused by exposure to loud noise, and even young children and babies can lose their hearing.

Sound is measured in decibels. Below 75 decibels is considered safe. Sounds above 80 decibels can damage hearing. A decibel meter can measure sound volume. These are available at most electronic stores and online. Some cell phones may have a decibel-meter application.



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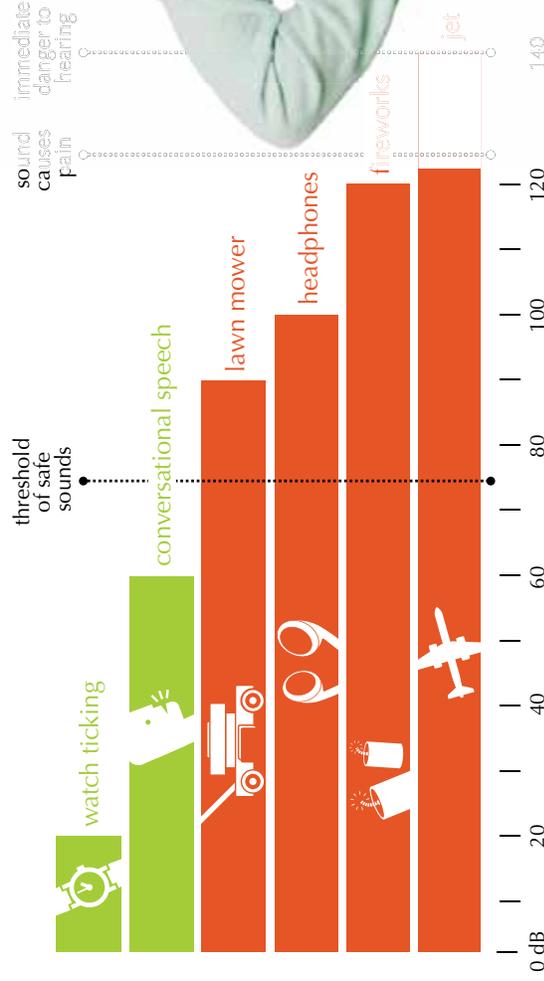
The following signs indicate the sound around you may be too loud:

- Your child is covering his/her ears
- The noise level is uncomfortable for you
- You have to raise your voice to be heard by someone near you

Distance and time are important factors in noise danger. The closer you are to loud sound or the longer you are exposed to it, the more dangerous it becomes. And the louder a sound is, the less time it takes to damage hearing. That is why such concern exists about children listening to personal music players. If you can hear noise from your child's headphones or earbuds when you're standing within arm length, the sound level is too high for your child's ears.



COMMON DECIBEL LEVELS



HOW CAN I PROTECT MY CHILD?

Have your child wear hearing protection. Ear plugs and ear muffs are the most common kinds. Ear plugs fit into the ear canal and can be made of soft expandable foam or premolded plastic/rubber. They are small and easy to carry. Ear muffs cover the outer ears and look like headphones. They are larger to carry, but they are effective and much easier for small children to use.

Both ear plugs and ear muffs are available at many retail stores and online. Make sure to buy sizes made specifically for children.

Wear hearing protection yourself. The best way to teach a child about protecting hearing is to set a good example and wear your own protection when in dangerous noisy situations.

Purchase earbuds or headphones that limit volume. And use volume limits if available on your electronic devices.

When all else fails ... if you find yourself in a noisy situation without hearing protection, cover your child's ears, try to reduce the sound level, limit your child's time of exposure or leave the area.

