## Make Listening Safe

## KEY FACTS


people worldwide are at risk of hearing loss due to unsafe listening practices

## Over 43 million

people 12-35 years live with disabling hearing loss


Among young people 12-35 years in middle- and high-income countries:

listen to unsafe levels of sound through personal audio devices (MP3 players, smartphones, and others)

## Around <br> 40\%

are exposed to potentially damaging levels of sound at nightclubs, bars and sporting events

## PREVENTION ACTION

## Individuals can:



Keep the volume down!

- Determine safe listening level on personal audio device
- Wear earplugs in noisy venues; use carefully fitted, and if possible, noisecancelling ear/headphones


Limit time spent engaged in noisy activities!

- In noisy venues, take short listening breaks and move away from loud sounds
- Limit the daily use of personal audio devices to <1 hour/day


Heed the warning signs of hearing loss!

- Ringing in the ears (tinnitus)
- Difficulty hearing high-pitched sounds, understanding speech on telephone, following conversations in noisy venues


Monitor safe listening levels through use of smartphone apps!


Get regular hearing check-ups!


Manufacturers can: design personal audio devices with safety features, display information about safe listening on products and packaging


Governments can: develop and enforce strict legislation on recreational noise, launch public information campaigns

Make Listening Safe. Once you lose your hearing, it won't come back!

