



Hearing Conservation Tips

Did you know?!?

According to a 2006 poll by the American Speech Language and Hearing Association, more than half of high school students reported having at least one symptom of hearing loss.

With the presence of so many personal listening devices, it is not surprising the number of noise-induced hearing loss cases is increasing. Noise induced hearing loss is typically gradual, however appears to be occurring more frequently and at earlier ages. Hearing loss prevention is a key component to reducing the number of people with noise-induced hearing loss.

What can I do to prevent noise-induced hearing loss?

- 👂 Turn down the volume on music and televisions!
Try to limit volume control to **half** volume.
- 👂 Take a quiet break! Give auditory systems a break with “quiet time”.
- 👂 Swap in-the-ear “ear buds” for headphones that sit **outside** of the ear.
- 👂 Don't **EVER** shout in someone's ears!
- 👂 Help your child learn what “too loud” means when using portable listening devices.
- 👂 Wear ear protection when participating in activities using loud machinery (lawn mowing, dirt bike riding, using power tools).
- 👂 Do not put **anything** into your ear canal.
- 👂 See your doctor right away if you have an earache or suspect hearing changes.
- 👂 For more information check out ***www.listentoyourbuds.com***.