

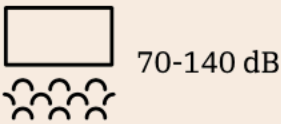


-Steps to- Healthy Listening Habits

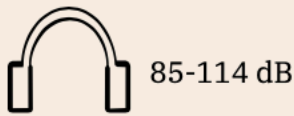
Roughly 1.1 billion Children, Adolescents, and Young Adults are at Risk of Developing Noise Induced Hearing Loss as a Result of Unsafe Listening Habits.

How Loud?

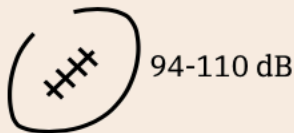
Movie Theaters



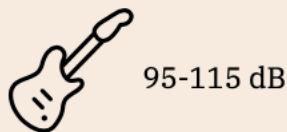
Pediatric Headphones



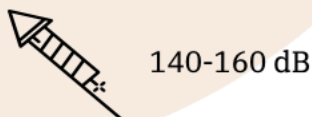
Sporting Events



Concerts



Fireworks



Step 1- Turn it Down

Don't exceed 80% of total volume when listening to music.

**Tip-*When using headphones, a child should still be able to hear someone at an arm's length away. If not, the volume is too loud!

Step 2- Limit Exposure

Limit listening time to no more than 90 minutes per day.

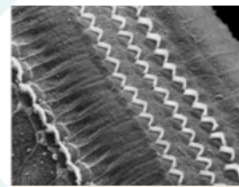
**Remember-* A 3dB increase in intensity= 1/2 exposure time.

Step 3- Protect Yourself

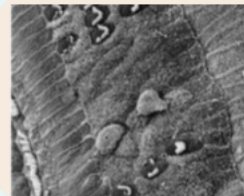
Don't forget to use proper ear protection when in situations with dangerously loud noises.

Our Auditory System

Healthy



Damaged



How Long can you Listen Before Risking Damage?

