Our ears are built to hear all sorts of sounds, from the quietest breath to the loudest AC/DC concert. But too much can leave a lasting impact on your ears. Ever had ringing in your ears or experienced a temporary hearing loss? It’s a warning sign that damage has occurred. This type of damage is cumulative, listening to LOUD SOUNDS for LONG PERIODS, TOO OFTEN poses a very real risk of permanent, irreversible damage to your hearing.

“What are the important sounds in your day?”

Conversation
Listening to music
Talking on the phone
Live music
Meetings / tutorials
Exercise classes

“Most people take their hearing for granted. That is, until they lose it.”

JUDE LAW

Too much of a good thing...

above 85dB, employers are required to protect workers’ hearing.

DID YOU KNOW?

2 HOURS

1 HOUR

UNLIMITED

90dB

95dB

85dB

80dB

75dB

70dB

65dB

60dB
So what level of sound is ‘safe’? That depends on how **LONG**, how **LOUD** and how **OFTEN** you hear it. Our Know Your Noise website has a ‘Noise Risk Calculator’ to help you work it out. Here’s a couple of examples:

**Paul** is a 22 year old student, he spends a few hours each week at the pub with his mates, he goes clubbing a couple of times a month and makes it to a gig roughly once a month. He might hang out at a festival for a day or two over the summer and probably makes it to a big stadium gig once or twice a year. Paul commutes to uni and listens to music through headphones at least 3 hours a week.

**Bec** is a 26 year old consultant, she goes to the gym a few times a week and on the weekend she meets friends in the pub before going to see her AFL team play. She’s loves the Grand Prix and always goes when it’s in town.

It’s easy to look after your hearing. Here are our top tips to keep your hearing tip top:

**When you’re out and about:**
1. Avoid the source of the sound
2. Let your friends know if it’s too loud
3. Use hearing protection

**When you’re listening to headphones:**
1. Turn it down
2. Have regular breaks
3. Use noise-cancelling headphones

The HEARsmart websites have some great information and resources for punters, musicians, sound engineers and even venues.

**HEARsmart**
hearsmart.org

**KNOW YOUR NOISE**
knowyournoise.nal.gov.au

**THE NOISE DATABASE**
oisdb.nal.gov.au
WHO ARE WE?

HEARsmart is a group of audiologists, psychologists, musicians, engineers and hearing health experts with many years of practical experience in measuring sound, assessing noise levels and talking to people about hearing health.

Independent, not-for-profit and backed by Australia’s largest providers of hearing research and clinical care, we are committed to improving the hearing health of all Australians, especially those who are most at risk of noise-induced hearing damage.

HEARsmart is supported by:

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