

# PROTECT YOUR HEARING



Canadian  
**Hard of Hearing**  
Association  
NEWFOUNDLAND & LABRADOR

## AT HOME, WORK & PLAY

### TURN DOWN THE VOLUME

Every device is different. The general rule of thumb is to **keep device volumes at 50% or less**. If others can hear the sound coming from headphones or earbuds while you are listening, the sound is probably too loud.

### LIMIT DAILY USE OF HEADPHONES

Even at a safer volume, listening for long periods of time could damage your hearing. 1 hour per day, or less, is recommended by the World Health Organization.

### USE NOISE-CANCELLING HEADPHONES

Noise-cancelling headphones can prevent the need to increase volume to overcome background noise. You can also look for models that limit sound output to 85 dB or less, or use a volume-limiting adapter.

Loud noise damages your hearing & causes permanent hearing loss.

Follow these tips to protect your hearing.

Noise-Induced  
Hearing Loss  
100%  
Preventable

### ALWAYS WEAR HEARING PROTECTION (EARPLUGS OR EARMUFFS) WHEN:

- hunting or shooting a firearm.
- operating motorcycles, ATVs and other motorized recreation vehicles.
- at concerts and large sporting events.
- around power tools.
- operating lawnmowers and snowblowers.
- participating in musical performance (including classical musicians).

### PURCHASE QUIETER TOOLS & HOUSEHOLD EQUIPMENT

Research and purchase power tools, household devices and electronics that make less noise. Keep equipment in good repair - machines are likely to create more noise if not maintained properly.

### KEEP YOUR DISTANCE

Where possible, move away from the noise source. Keep your distance from loudspeakers, equipment and other loud sounds.

### PRACTICE SAFE LISTENING WITH YOUR CHILDREN

Ensure children are listening to music at safe volumes, avoid noisy toys, and use child-sized hearing protection at concerts, loud sporting events, around power tools and recreation vehicles.

  
**Noise**  
IT ALL ADDS UP

[www.chha-nl.ca](http://www.chha-nl.ca)