

Healthy Tech Habits = Healthy Hearing

Technology should help you stay informed, keep you connected, and have fun. But regular misuse of tech can be hazardous to your hearing health. The World Health Organization (WHO) warns that 1.1 billion young people are at risk of hearing loss due to unsafe tech use, and dangerous levels of noise at entertainment venues.

5 TIPS TO PROTECT YOUR HEARING



Listen through your headphones at half the maximum volume or less.

WHO's recommends listening at 80 decibels max. Too loud for too long can cause permanent hearing loss!



Take listening breaks.

WHO recommends using headphones for no more than 40 hours a week. Otherwise, you run the risk of gradual hearing damage.



Use noise cancelling headphones.

Not only will your music sound better, but you'll be less likely to turn up the volume to dangerous levels to cover background noise.



Wear hearing protection at concerts and other live events.

Basic foam earplugs can offer substantial protection from dangerous levels of noise.



Stand far from loudspeakers.

They're amped up to be heard far and wide, so standing in close proximity can cause immediate, sudden, and permanent hearing loss.

