



PROTECT YOUR HEARING

Consumer Technology  
Association™



Selecting fine audio equipment like the unit you've just purchased is only the start of your musical enjoyment. Now it's time to consider how you can maximize the fun and excitement your equipment offers. This manufacturer, the Consumer Technology Association (CTA)<sup>®</sup> and the American Speech-Language-Hearing Association (ASHA) want you to get the most out of your equipment by playing it at a safe level; a level that lets the sound come through clearly without annoying blaring or distortion – and, most importantly, without damaging your sensitive hearing.

Sound can be deceiving. Over time your hearing “comfort level” adapts to higher volumes of sound. So what sounds “normal” can actually be loud and harmful to your hearing. Guard against this by setting your equipment at a safe level **BEFORE** your hearing adapts.





## TO ESTABLISH A SAFE LEVEL:

- Set your volume control at a low setting. Prolonged exposure to anything over 80 decibels can cause gradual hearing loss. ASHA recommends a 75 decibel limit for children.
- See if your music player has a volume limiter that allows you to set a safe listening level by establishing a maximum volume level on your player. This is a great solution for parents to ensure their children listen at a safe level.
- Once you have established a sound level where you can hear the audio comfortably, clearly and without distortion, set the dial and leave it there.
- Limit listening time to give your hearing “quiet breaks.”

### **BE SURE TO OBSERVE THE FOLLOWING GUIDELINES WHEN WEARING YOUR HEADPHONES OR EARBUDS:**

- Do not turn up the volume so high that you can't hear sounds around you.
- Do not use headphones or earbuds while operating a motorized vehicle; it may create a traffic hazard and is illegal in many areas.



Used wisely, your new sound equipment will provide years of fun and enjoyment. Since hearing damage from loud noise is often undetectable until it is too late, this manufacturer, CTA and ASHA recommend that you avoid prolonged exposure to excessive noise. The following list of sound levels is included for your information so that you can better protect your hearing.

### **DECIBEL LEVEL EXAMPLES:**

- 30 .....Whisper
- 40 .....Quiet room
- 50 .....Moderate rainfall
- 60.....Normal conversation
- 70.....Busy traffic, vacuum cleaner
- 80.....Alarm clock

### **CONSTANT EXPOSURE TO THESE NOISES CAN BE DANGEROUS:**

- 90.....Lawnmower, motorcycle
- 100 .....Chainsaw
- 110 .....Rock concert
- 120 .....Jet plane takeoff
- 130.....Jackhammer
- 140 .....Firecrackers

Information courtesy of the American Speech-Language-Hearing Association (ASHA), the national professional, scientific and credentialing association for more than 218,000 audiologists, speech-language pathologists, and speech, language and hearing scientists.

For information on protection against noise-induced hearing loss, call the ASHA Action Center (800-638-8255), Monday through Friday, 8:30 a.m. to 5 p.m. To find an audiologist in your area, visit [www.asha.org/public](http://www.asha.org/public). Parents can find helpful information about how to protect their children's hearing and how to teach them about safe listening at [www.communicationandtech.org](http://www.communicationandtech.org).

A safety tip from the Consumer Technology Association, 1919 South Eads Street, Arlington, VA 22202 and the American Speech-Language-Hearing Association, 2200 Research Boulevard, Rockville, MD 20850.