

Is your hearing at risk?

We listen to a wide range of sounds every day. Some of them pose a risk to our hearing. These noises can affect everyone no matter how old you are.



More than 1 in 3 Australians have noise-related ear damage.



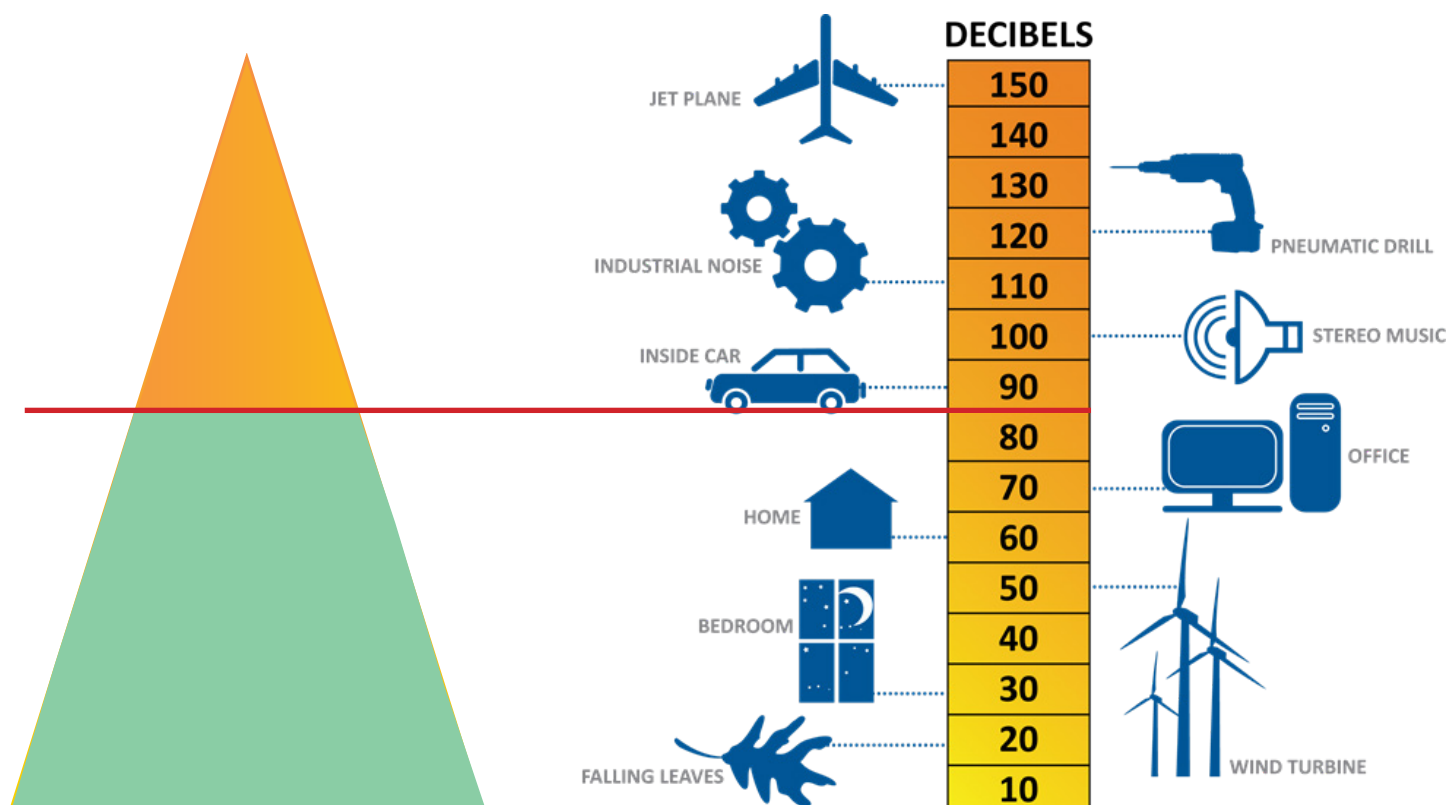
Around the world, over 1 billion teenagers and young adults are at risk of hearing loss from loud recreational noise.

What puts your hearing at risk?

The louder the sound and the longer you listen, the damage to your hearing is likely to be greater. As a guide, if you have to shout to talk to someone 1 metre away, the background noise may be too loud. If so, it is recommended you use hearing protection and limit your exposure time.

Exposure Time

Sound Levels



Answer these questions to better understand your risk of hearing damage:

1. Are you in loud clubs or pubs weekly?

Clubs and **pubs** sometimes are as loud as having a pneumatic drill 3 metres away. Attending **live concerts, gym, and sporting events** may also harm your hearing.

You may also get temporary ringing or dull hearing after exposure to damaging sound levels. These effects often disappear in 24 to 48 hours. But repeated exposure puts you at high risk of lasting damage.

2. Do you listen to music at a very loud volume?

If you cannot hear external sounds while using your headphones/earbuds, you may be putting your hearing at risk. **A personal audio device at the highest volume can be as loud as a chainsaw.**

It will also help if you can follow the **“60/60 rule”**:

Limit your device volume up to 60 percent. Listen for less than 60 minutes per day.

3. Do you use power tools at home or work?

When you use noisy equipment anywhere, you may be at risk of hearing damage.

Protect your hearing by using earplugs or earmuffs when working with loud machines or tools at home or at work.



The more **‘yes’** you answered to these questions, the **greater the risk of hearing damage**. Make sure to take care of your ears so you can enjoy sounds!

Contact Us:

Princess Alexandra Hospital Audiology Department

Monday to Friday

Phone: (07) 3176 2314

Email: Audiology_PAH@Health.qld.gov.au



Logan Hospital Audiology Department

Monday to Friday

Phone: (07) 3089 2831

Email: loganhospitalaudiology@health.qld.gov.au