

# You want to lose your ears?

## HOW CAN YOU DAMAGE YOUR HEARING?

RISK FACTORS AND THE DB SCALE



**1 MUSIC**  
Concerts, gigs, parties, discos, mp3, iPod



**2 WORK PLACE**  
Machines, drills, lawnmowers



**3 MOTOR RACING**  
Car racing, bike racing, F1, drag racing



**4 GUNS**  
Hunting, shooting, military

FOR EACH 10dB STEP INCREASE, THE PERCEIVED VOLUME OF NOISE IS DOUBLE

If someone is 3 feet away from you and you cannot hear what they say, that means the noise level could be damaging to your ears!



Formula 1 qualifications  
**115dB**



Siren: Police, Ambulance, Fire  
**100-120dB**



Helicopter takeoff  
**108dB**



Chainsaw  
**104dB**



Bulldozer  
**100dB**

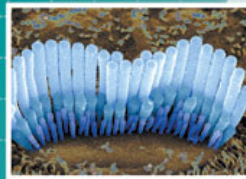
Quiet restaurant avg  
**60dB**



Speech  
**50dB**



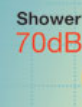
Library  
**40dB**



## WHEN THEY ARE GONE, THEY ARE GONE

We have some **15,000 hair cells** in each ear.

Listening to loud music and exposure to loud noises can damage the cells and can cause hearing loss



Shower  
**70dB**



Braun Shaver  
**75dB**

Television average  
**75dB**



Haleakala volcano  
**5dB**



Grand Canyon at night  
**10dB**



Rice Krispies in milk  
**30dB**



Bedroom at night  
**25dB**



Night Clubs  
**90-105dB**



Motorcycle  
**98dB**



Trumpet  
**90-105dB**

Rifle, .22 caliber  
**138dB**



Jet plane at takeoff  
**140dB**



Piano  
**85dB**



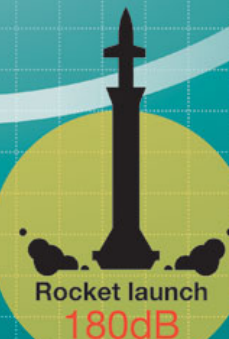
Symphony concert  
**90dB**



Grenade 15m  
**164dB**



Airbag  
**170dB**



Rocket launch  
**180dB**

## HEARING LOSS



**1 in 5 US teens** suffers from the same degree of hearing loss comparable to the age-related loss normally found in adults in their '50s and '60s.

Source: Journal of the American Medical Association

## TINNITUS

Total US population: 303.8 M



Tinnitus impacts up to **50M Americans**

Most commonly caused by noise exposure, tinnitus drastically reduces quality of life for **250 million people worldwide**.

Source: American Tinnitus Association

## TINNITUS, SURE, BUT WHAT IS IT?

**Ringing in the ears, or constant buzz.** Basically you suffer from tinnitus when you hear sounds that do not exist!

Remember last time you went out partying or to a gig? You went to bed and your ears were ringing? Some morning you'll wake up, and the ringing will still be there!

## CELEBRITIES SUFFERING FROM HEARING LOSS



Neil Young



Sting



Bono, U2



Thom Yorke, Radiohead



Phil Collins



Sylvester Stallone

## SO WHAT YOU GONNA DO ABOUT IT ?

There are several ways to protect ears:



**Cheap foam earplugs**  
Costs pennies, does the job! Must be replaced frequently



**Pricy reusable plugs**  
More comfy, can be used many times



**Filter earplugs**  
Special filters available for shooting and motorcycling



**Custom earplugs**  
Cost more, but fit best



**Earmuffs**  
From \$3 to \$600! From basic muffs to Bluetooth headsets



**Earmuffs with music**  
You can now even plug in your iPod or listen to the radio through your earmuffs