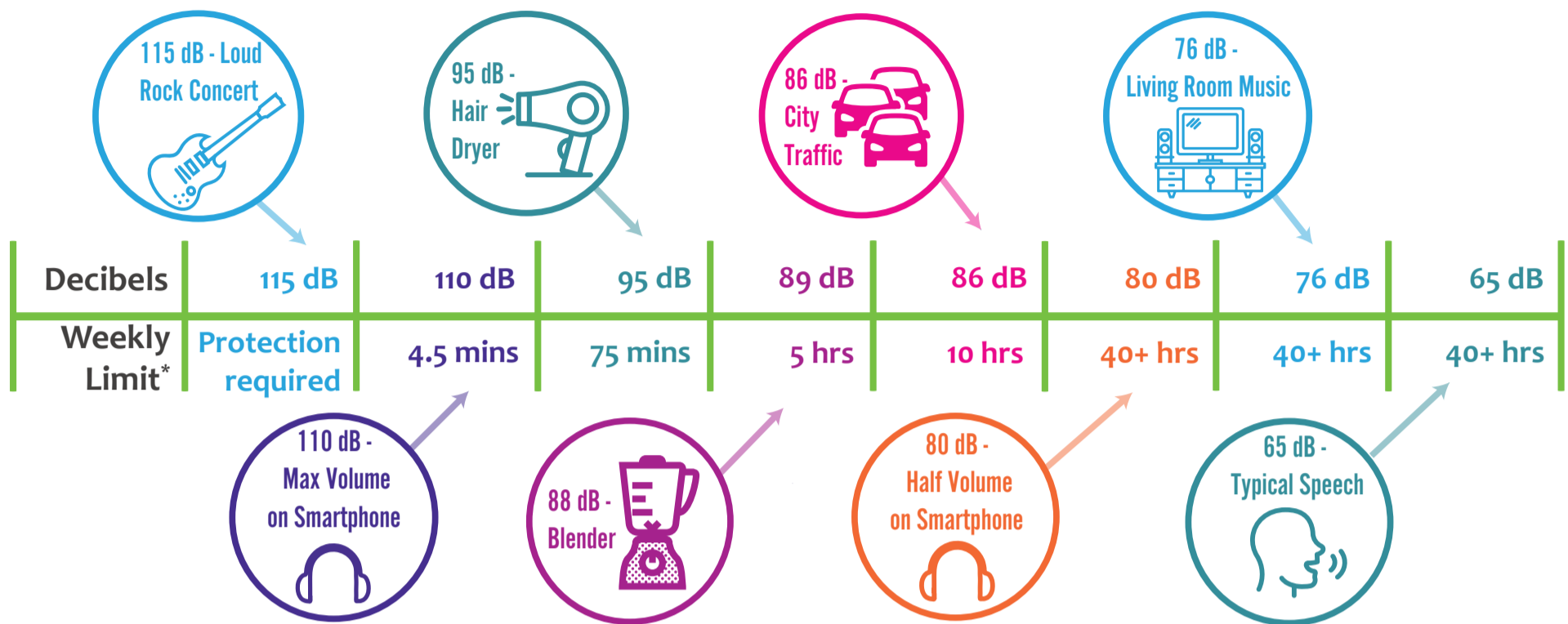


SAFE LISTENING WEEKLY ALLOWANCES

Use our sound guide to keep your hearing for life.



*Source: World Health Organisation

WHAT CAN I DO TO KEEP MY EARS SAFE?

1

Keep volumes as low as possible while listening to music – below the halfway mark

2

Never use music to drown out other noises

3

Give your ears a break from music for at least five minutes every hour

4

Pay attention to the warning signs of hearing loss, such as sore ears or ringing in the ears

5

If you think it's too loud – it probably is

FIND OUT MORE

nfdhh.org.nz



NATIONAL FOUNDATION FOR
Deaf & Hard of Hearing



HEARING ACCREDITED
NATIONAL FOUNDATION FOR
Deaf & Hard of Hearing