

H.E.A.R.®
hearnet.com™



What is Hearing Damage?

- Hearing damage can take the form of temporary or permanent ringing in the ears (tinnitus) and loss of the ability to hear clearly.
- Amplified music can cause noise-induced hearing loss (NIHL). A study in Great Britain found that 62% of regular clubbers have symptoms of hearing loss.
- The risk of hearing damage depends on (1) how loud the music is; (2) how close you are to the speakers; (3) how long you're on the dance floor; (4) previous hearing damage or a family history of hearing loss.

What are the Signs of Hearing Damage?

- Ringing in your ears; or sensitive to loud noises.
 - Difficulty hearing others when there is background noise.
 - People sound like they're mumbling or talking too quickly; you have to ask them to repeat themselves.
 - You need to turn the volume on the TV or radio higher than others.
 - You hear the telephone better with one ear than the other.
- If you have any of these symptoms get your hearing checked by a hearing professional. To prevent more damage wear ear plugs!

Be Careful

- Sound levels in dance clubs can be as high as 115 decibels, which can cause damage within a few seconds.
- Stay at least 10 feet away from the speakers-dancing in front of the speakers is very risky.
- Use ear plugs-cotton and rolled up tissue paper provide NO protection.
- Ask that the sound levels be turned down if too loud.

- Don't talk on the dance floor-shouting into ears can damage hearing.
- Alcohol and drugs lower your sense of pain and increase the risk of hearing damage. Being tired, dehydrated, and overheated also increases risk.
- Drink plenty of water. Take 10 to 30 minute breaks where sound levels are lower.
- If you play music, dance a lot or work in a club, consider getting custom earplugs for music attenuation to protect your hearing without distorting sound (contact www.hearnet.com for hearing help).

How to Use Foam Earplugs

1. With clean hands, roll the earplug tightly.
2. Quickly insert the tapered into your ear.
3. Hold it in place 30 seconds until it expands.
4. Release the earplug then gently push it in to ensure a complete fit.

H.E.A.R. -Hearing Education and Awareness for Rockers is a nonprofit hearing health organization dedicated to raising awareness by educating teens, musicians and all music lovers about the dangers of hearing damage and tinnitus from repeated exposure to loud music and other noise.

For more information or how you can help, contact:
H.E.A.R. STREET TEAM
H.E.A.R. PO Box 460847 San Francisco, CA 94146
Hotline: 415-773-9590, Email: hear@hearnet.com,
Web: www.hearnet.com



graphic design by: tomanonymous.com ⊕