

# Protect your ears, if you want to hear!



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# Intro Video

- [Tinnitus - Can you hear that?](#)

# Quiz

- **How often (per month)** do you attend music entertainment venues? (e.g. clubs, bars, festivals etc.)
- How many **hours per week** do you listen to music through personal listening devices (headphones) or speakers?
- When visiting music entertainment venues, **how often do you take breaks?** (Once every ... minutes / never)
- When visiting music entertainment venues, do you **use hearing protection** devices (like earplugs)?
- When visiting music entertainment venues, are you **aware of the location of the speakers?** (do you deliberately stand farther away from them)
- Looking at your current behavior involving visiting music entertainment venues, do you feel you are **at risk** of attaining **Noise-Induced Hearing Loss (NIHL)?**

# Elaboration

- [How hearing loss occurs](#)

# Noise-Induced Hearing Loss (NIHL)

- Exposure + significant intensity + duration → Increased risk of NIHL.
- Young people → report experiencing early symptoms.
- 54,075 healthy Dutch online hearing test.
  - 23% insufficient
  - 9% poor
- Those who use headphones have a larger risk of noise-induced hearing loss than when listening through speakers..

# Let's compare!

- **6.93 hours per week** with PLDs (67% listen through headphones)
- **55%** think they are at risk of attaining NIHL.
- **15%** wear earplugs while attending loud music events.

# Discussion

- When is music too loud?
- How much exposure is too much?
- How do you think the consequences would affect your daily life?
  - Work
  - Social life
  - Hobbies, sports, recreation, etc.

# Noise level



- + every **3 dB** → **2 times** more damage

- **8 hours** listening to an **80 dB** sound

• If you can't hold a conversation with someone who is standing 2 meters away, the noise level is damaging to your ears.



# Loudness and Exposure

- Significant chance of attaining noise-induced hearing loss:

Intensity	Per day	Per week
80 dB	8 hrs	40 hrs
89 dB	1 hrs	5 hrs
95 dB	15 min	75 min
101 dB	4 min	19 min
104 dB	2 min	10 min

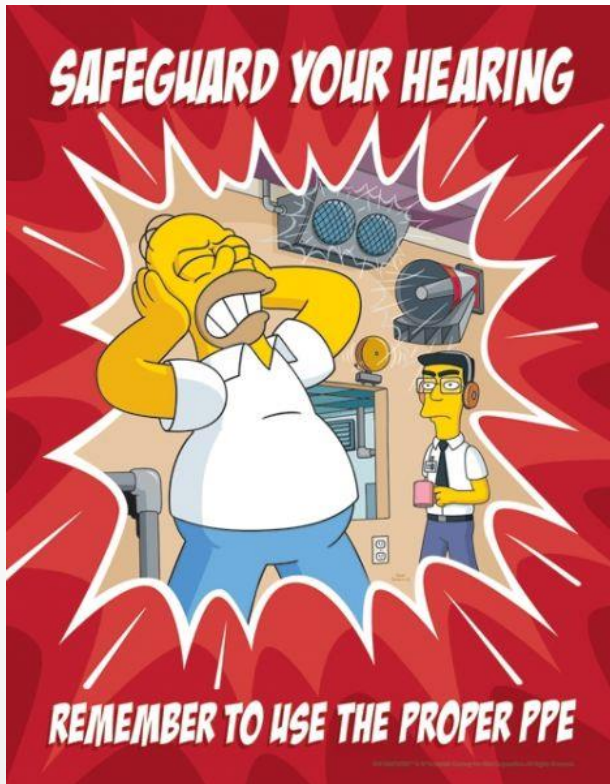
(source: <http://ggd.groningen.nl/milieu-gezondheid/gehoorschade>)

# Are you at risk?

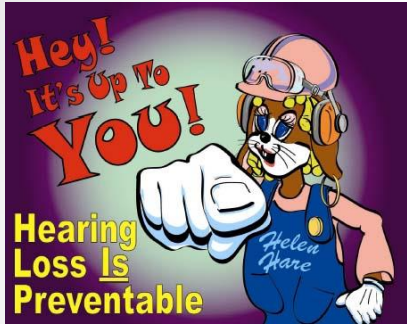
Do you believe you are at risk, or not?

# What Now?

- What can we do?



# How to protect your ears



- Once your hearing is gone, it's gone for good
- **Prevention** is the best medicine

**Loud music** can damage your hearing, permanently.  
**Protect it.**



# Things we can do!

True or false?

- Napkins in your ears can protect you from damaging your ears
- **False!**
- Taking breaks from loud music can protect you from damaging your ears
- **True!**
- Standing further from the speakers can protect your ears
- **True!**
- Going to any club or festival will give you hearing damage
- **False!**



# Hearing Protection Devices (HPDs)

- The best way to protect your ears
- Decreases the intensity of vibrations inside your ears
- Variety in how much they filter
- Special music filters that don't muffle sound
- Ranging from €10 to €200 (personal fit)
- Demonstration.... Any volunteers??



# Where to buy?

- **Drugstores:**

- DA
- D.I.O.

- **Opticians:**

- Specsavers
- Hans Anders
- Beter Horen

- **Internet**

- Websites of earplug brands (Alpine, Noizzezz, Pluggerz)
- Drugstore websites (Etos.nl, DA website)
- Specialist websites (ultimate ears, oordopjeskopen.nl)

# Take Breaks!

- The longer you are exposed to loud music, the greater the risk of damage to your hearing.
- If there is a **chill out area** at the nightclub, use it!
- **10** minutes per every **1 hour**.





# Not standing too close to speakers

- Don't get too close to the loud speakers!
- The closer you are, the greater the damage being done to your ears.



# Avoiding loud places

- A lot of difference in **volume**
- A lot of difference in **sound systems**
- A lot of difference in **set-up of sound systems**
- **Silent spaces?**
- Availability of **Earplugs?**



# Let's Review

- **Consequences** of exposure to loud music?
- Amount of damaging **decibels** after a certain amount of **time**?
- What can you **do**?
- **Benefits** of protecting your ears?

# Finally

- [An important message on saving your hearing](#)



*Thank you for your attention!*

