

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

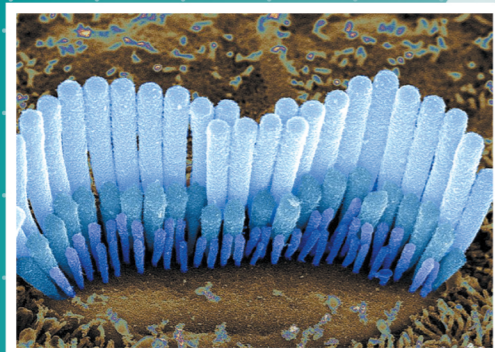
If someone is 3 feet away from you and you cannot hear what they say, that means the noise level could be damaging to your ears!

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

When noise level jumps from 90 dB to 100 dB: the volume will seem twice as loud

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

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?

Ring 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



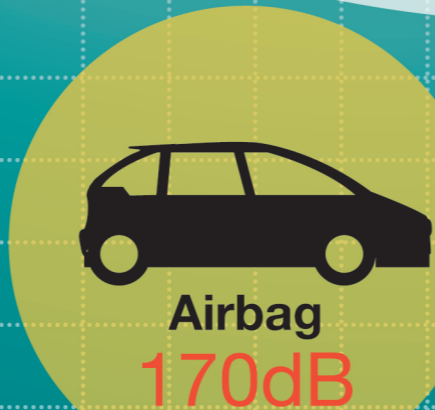
Rifle, .22 caliber
138dB



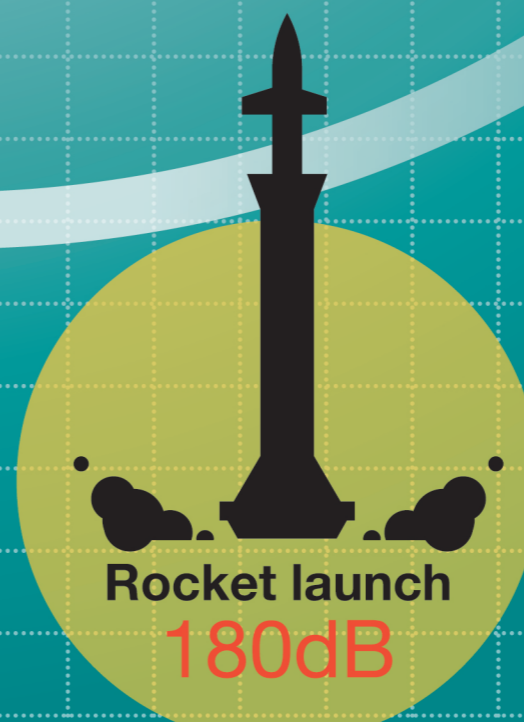
Jet plane at takeoff
140dB



Grenade 15m
164dB



Airbag
170dB



Rocket launch
180dB



Formula 1 qualifications
115dB



Siren: Police, Ambulance, Fire
100-120dB



Helicopter takeoff
108dB



Chainsaw
104dB



Bulldozer
100dB

Quiet restaurant avg
60dB



Speech
50dB



Shower
70dB



Library
40dB



Braun Shaver
75dB



Haleakala volcano
5dB



Rice Krispies in milk
30dB



Television average
75dB



Grand Canyon at night
10dB



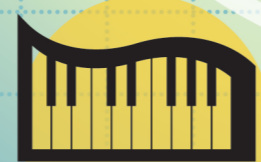
Bedroom at night
25dB



Night Clubs
90-105dB



Motorcycle
98dB



Piano
85dB



Symphony concert
90dB