

# So, You want to lose your ears?

## HOW YOU CAN DAMAGE YOUR HEARING?

**1** **MUSIC**  
Concerts, gigs, party, discs, mp3, iPod

**2** **INDUSTRIAL**  
Machines, drills, lawnmowers

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

**4** **GUNS**  
Hunting, Shooting, Army

### RISK FACTORS AND THE DB SCALE

FOR EACH 10dB STEP INCREASE, THE FEELING OF NOISE PERCEIVED 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**

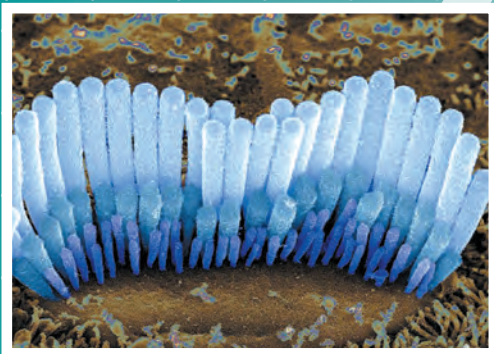
Quiet restaurant avg  
**60dB**

Speech  
**50dB**

So when you jump from say 90 dB to 100 dB: you will feel someone turned up the volume x2

### WHEN THEY ARE GONE, THEY ARE GONE

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



By listening to too loud music or exposed to loud noises, these cells are desensitized and can lead to deafness

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**



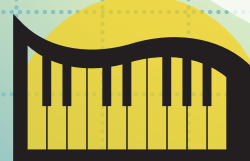
Rifle, .22 caliber  
**138dB**



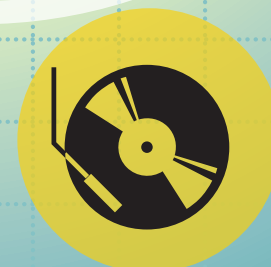
Jet plane at takeoff  
**140dB**



Piano  
**85dB**



Symphony concert  
**90dB**



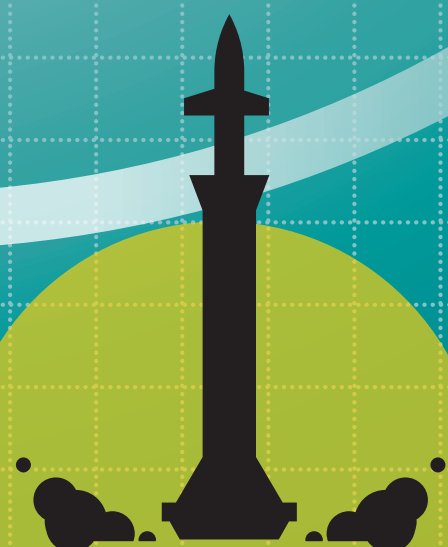
Grenade 15m  
**164dB**



Airbag  
**170dB**



Rocket launch  
**180dB**



### SO WHAT YOU GONNA DO ABOUT IT ?

There are several ways to protect ears:

**Cheap foam earplugs**  
Costs cents, does the job!  
Can be used for anything

**Pricier reusable ones**  
More comfy, can use and reuse

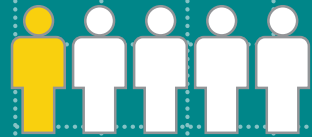
**Music earplugs**  
With special filters for shooting or motorbikes

**Custom earplugs**

**Earmuffs**  
from \$3 to \$600!  
From most basic ones to Bluetooth ones

You can now even plug in your iPod or listen to the radio through your earmuffs

### 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? Well one morning, you'll wake up, and **it will still be there!**

### CELEBRITIES SUFFERING FROM HEARING LOSS

Neil Young

Sting

Bono, U2

Thom Yorke, Radiohead

Phil Collins

Sylvester Stallone