

# Advanced Hearing WA

## Once you lose your hearing, you won't get it back.

Did you know if you wait to get your hearing checked, you could risk becoming unaccustomed to hearing sounds & make your hearing loss harder to treat?

With a rise in exposure to loud sounds in recreational & workplace settings, WHO estimates that billions of young people worldwide could be at risk of hearing loss due to unsafe listening practices.

Over 43 million people between the ages of 12-35 live with disabling hearing loss due to different causes.

- Nearly 50% are exposed to unsafe levels of sound from the use of personal audio devices
- Around 40% are exposed to potentially damaging sound levels at clubs & bars.

*Exposure to loud noises for any length of time causes fatigue of the ears sensory cells. The result is temporary hearing loss or tinnitus (a ringing sensation in the ear). When the exposure is particularly loud, regular or prolonged, it can cause permanent damage of the sensory cells and other structures, resulting in irreversible hearing loss.*

## What is safe listening?

Safe listening levels depend on the intensity (loudness), duration (length of time) and frequency (how often) of the exposure. These three factors are interrelated and contribute to the overall sound energy level that a person's ears are exposed to. The total amount of sound energy a person can safely receive is effectively constant. We can be exposed to the same amount of energy at lower volumes listened to over long periods of time as we might receive when louder sounds are heard for a short duration. Permissible levels of daily exposure to noise have been identified accordingly, taking into account the total permissible 'dose' of sound. Permissible exposure levels have been calculated for occupational settings and are extrapolated to recreational settings. Eighty-five decibels is considered the highest safe exposure level up to a maximum of eight hours. The permissible time for safe listening decreases as sound levels increase. For example, a sound as high as 100 dB – the level produced by a train in a tunnel – can be safely listened to for only 15 minutes each day. The output of personal audio devices may range from 75 dB to as high as 136 dB. Typically, users of personal audio devices choose to set the volume between 75 to 105 dB.



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we **hear** you!

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## Recommended sound levels and time of exposure

Sound	Level	Amount of Time
<b>OSH regulations</b>	85dB	8 hours (assuming you are not exposed to any other loud sounds outside this time).(8% at risk).
<b>Stadium rugby/AFL</b>	90dB	2 hours 30 minutes
<b>Lawn mower</b>	90dB	2 hours 30 minutes
<b>Tractor</b>	96dB	37 minutes
<b>Night club</b>	100dB	15 minutes
<b>Airplane cabin</b>	110dB	1 minute 30 seconds
<b>Smoke alarm</b>	110dB	1 minute 30 seconds
<b>Rock Concert</b>	120dB	9 seconds
<b>Ambulance siren</b>	120dB	9 seconds
<b>Shotgun</b>	140dB	No safe exposure (even with hearing protection!)



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