



92-115 dB Range
Max Headphone Volume

70 dB
Safe Level

Jamming is loud.

We live in a noisy world. But being around too many loud sounds can cause hearing loss. Once it's gone, it can't come back. From the melody of your favorite track to the excitement of summer fireworks, noise comes in all shapes and sizes. With timely intervention and a few simple steps, we can create an impact on our hearing for the present and future. Here are a few ideas.

Don't let hearing loss limit you.

- Avoid noisy places altogether when possible.
- Limit the length of your exposure to loud sounds.
- Consider earplugs or noise-canceling headphones.



Centers for Disease
Control and Prevention
National Center for
Environmental Health

Learn more: www.cdc.gov/nceh/hearing_loss/

