HEARING FOR LIFE

92-115 dB Range
Max Headphone

70 dB
Safe Level

Playing 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 buzz of your multiplayer game to the clap of thunder, 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/