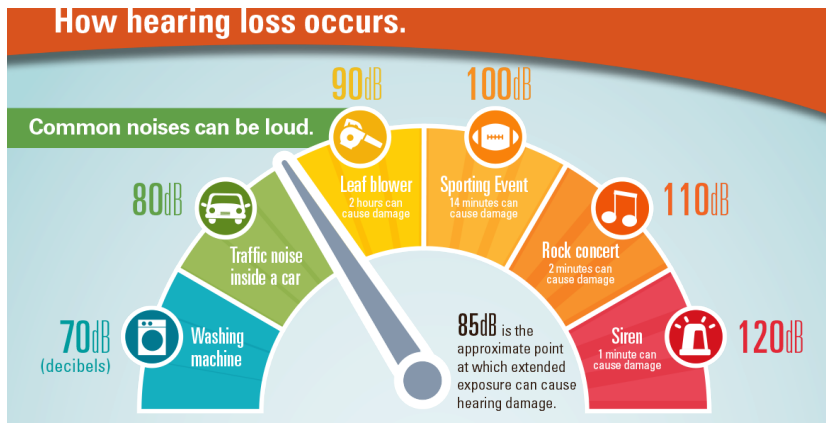


Protecting your hearing in a headphone-driven world



How do headphones and personal listening devices (PLDs) impact hearing?

- Studies show students who listen to PLDs at 50% volume for an hour a day showed symptoms of noise-induced hearing loss (Sulaiman et al., 2014).
- A study of Augustana students showed that 66% of participants used PLDs at safe volume levels (33% were unsafe), and half of the participants experienced symptoms of noise-induced hearing loss after listening (Gallichio & Perreau, 2018).



Retrieved from: CDC Vital Signs

Signs of noise-induced hearing loss:

- Experiencing ringing or other noises in ears
- Hearing muffled noise and speech, especially after taking headphones off
- Having difficulty hearing high-pitched noises

Adjusting your headphone usage can help prevent unwanted hearing damage

Wear headphones for shorter periods of time (e.g., 1-hr intervals). Take a 10-min listening break for every hour of listening.



Keep the volume down on your headphones. Avoid increasing volume above 2/3 of slider bar. Set volume limit, see right.

Try headphones (over-the-ear, noise canceling, volume limiting) as they reduce background noise better. Avoid earbuds that are not custom made. When possible, use speakers.



Volume limit on devices

iPhone

1. Settings
2. Music
3. Volume Limit
4. Slide Volume bar to at least 2/3 max volume

Android

1. Settings
2. Sounds and Vibrations
3. Volume
4. Volume Lock

If you are concerned about your hearing, contact our Center (309-794-7358; dorigarro@augustana.edu).