Preventing Hearing Loss

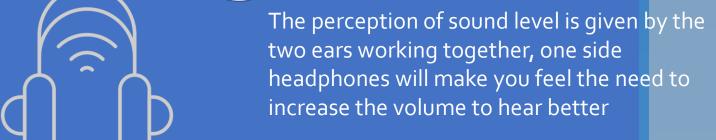
Make your safety a priority



Having to raise your voice to overcome the environmental noise is a good indicator that you could be stressing your ears.

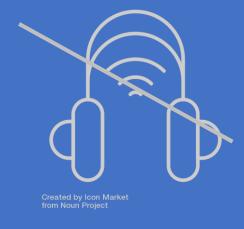


USE BOTH EARPHONES





If you listen at 80 percent of the maximum volume, do so for no more than 90 minutes per day



4 TAKE LISTENING BREAKS

Something as simple as taking breaks from your headphones can help prevent headphone-induced hearing loss. The longer you listen to loud sounds, the higher your chance of damaging your ears.

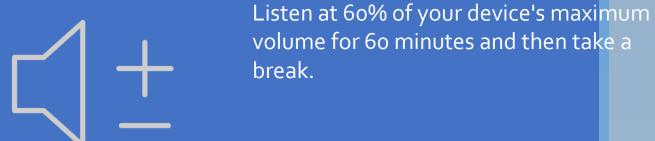


TRY 5/30/ OR 10/60 5-minute break every 30 minutes or a 10-

minute break every 60 minutes.



6 THE 60/60 RULE



from Noun Project