

# Preventing Hearing Loss

Make your safety a priority

## 1 USE EARPLUGS

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



Created by Nikita Kozin from Noun Project

## 3 USE BOTH EARPHONES

The perception of sound level is given by the two ears working together, one side headphones will make you feel the need to increase the volume to hear better



Created by Icon Market from Noun Project

## 2 FOLLOW THE 80-90 RULE

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



Created by Icon Market from Noun Project

## 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.



Created by Виталий Плут from Noun Project

## 5 TRY 5/30/ OR 10/60

5-minute break every 30 minutes or a 10-minute break every 60 minutes.



Created by christoph robausch from Noun Project

## 6 THE 60/60 RULE

Listen at 60% of your device's maximum volume for 60 minutes and then take a break.



Created by Viktor Ostrovsky from Noun Project

