

# WORLD HEARING DAY

To hear for life, listen with care!

## Hearing Protection Across the Lifespan: Adults

More than 1 billion people worldwide ages 18–35 are at risk of permanent, preventable hearing loss due to unsafe listening from noisy technology products and events/entertainment venues, according to the World Health Organization (WHO). Also worth noting: Even people who are already experiencing hearing decline (due to age or other factors) can further damage their hearing through noise exposure.

**Noisy Technology:** Many adults spend hours each day on laptops, smartphones, and other devices—often while wearing earbuds or headphones. Prolonged use at loud levels can damage hearing.

**Noisy Places/Events:** Events and locations where people are commonly exposed to potentially dangerous noise levels include sporting events (e.g., basketball games, NASCAR races); concerts and festivals; gyms and fitness classes; and restaurants, clubs, and coffee shops.

**Noisy Hobbies:** Playing an instrument, hunting, woodworking, and riding all-terrain vehicles (ATVs) or motorbikes are among the many hobbies that can pose a risk to a person's hearing if the user doesn't take protective measures.

**Noisy Occupations:** Restaurant employees, firefighters, construction workers, airline staff, landscapers, race car drivers, and dentists are just some examples of high-risk occupations when it comes to hearing loss.

**What to Do** Be mindful of volume levels and the amount of time you spend listening to personal technology devices. Keep the volume to half and take listening breaks every hour. Use hearing protection in noisy places. If you notice a change in your hearing, seek help from a certified audiologist.



Learn more at [www.asha.org/public](http://www.asha.org/public).

