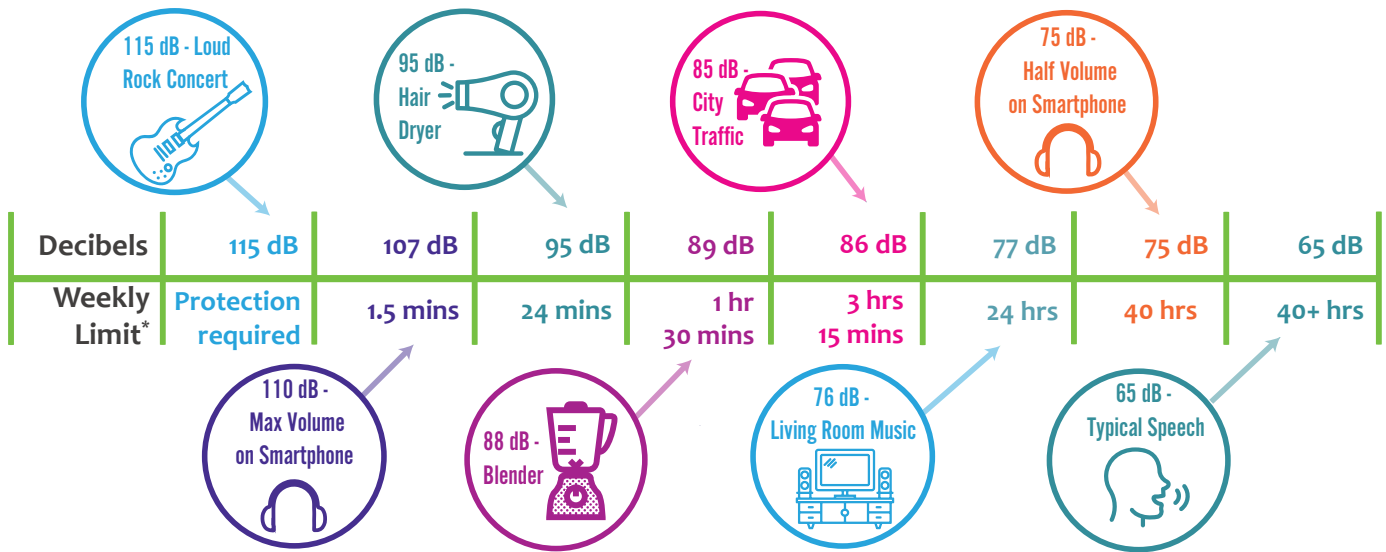


# SAFE LISTENING WEEKLY ALLOWANCES

Wondering how much noise is too much? Stay in the safe zone by following the World Health Organisation's guide.



\*Source: World Health Organisation

## WHAT CAN I DO TO KEEP MY EARS SAFE?

It's pretty easy to look after your hearing once you know how to make listening safe. Here are five tips that can help you to look after your hearing.

1. Keep volumes as low as possible while listening to music – below the halfway mark
2. Never use music to drown out other noises
3. Give your ears a break from music for at least five minutes every hour
4. Pay attention to the warning signs of hearing loss, such as sore ears or ringing in the ears
5. If you think it's too loud – it probably is

## WE'RE HERE TO HELP.

If you'd like more advice on how to protect your hearing please get in touch. We can also help if you have a hearing loss and are seeking support.

Contact our helpline via phone: 09 307 2922 or 0800 867 446

Or email: [enquiries@nfdhh.org.nz](mailto:enquiries@nfdhh.org.nz)

Visit our website: [nfdhh.org.nz](http://nfdhh.org.nz)