

Listen Better: How to Protect Your Ears When Listening Through Headphones

By the National Institute for Hearing Loss

Teen: If we want to protect our ears from noise induced hearing loss, we have to start listening safely.

Teen: This means paying more attention to how we're listening through headphones.

Teen: Here are a few tips for protecting your hearing while listening through headphones.

Teen: No matter what kind of headphones you use, keeping the volume at a safe level is most important for hearing protection.

Teen: You can listen at 80% for 90 minutes a day, safely.

Teen: If you raise the volume of headphones to drown out noise around you, like the sound of a lawn mower while mowing the grass, your volume is too loud.

Teen: There is no cure for hearing loss, but it can be prevented. Start taking these steps so you can continue to listen to all your favorite music.