

# World Leaders In Innovative Earcare

Love music... love your ears

**Too much loud music for too long could destroy your hearing...**

## Top 3 Tips

**Play | Pause | Protect**

**60-60 Rule.** Play your music no more than 60% of max volume for no more than 60 mins a day. *(If others can hear your music then it may well damage your ears).*

**ringing or Buzzing** in your ears after listening indicates possible damage. *Take 24 hours quiet time to rest your ears.*

**Never use a high volume to drown out background noise.** Invest in noise cancelling headphones, or go retro with muff-type headphones.

deafness research uk



Information by Deafness Research UK  
[www.deafnessresearch.org.uk](http://www.deafnessresearch.org.uk)

