

ACTION STEPS

Too Loud! Now, What Do I Do?



1

Walk away until sound levels are more comfortable. It is okay to cover your ears.

2

Ask them to turn down the volume. You might also prefer subtitles on the television and a lower listening volume.

3

Protect your ears. Sound elimination headphones can be worn for yardwork, concerts, or even attending sports events in echoey gymnasiums.

4

Avoid hearing loss by listening to music out in the room. It only takes 8 hours of earbud/headphone usage per week to cause hearing loss.

5

Invest in a cell phone holder-arm band, fanny pack, etc. to listen to music while exercising or playing outside.

6

Lock the volume on your listening device to prevent turning it up to unsafe volume levels.