

The Importance of Hearing Protection for Your Entire Family

Description

Hearing protection is something that we rarely think about buying for our family. Unless you regularly go to concerts, you're probably not going to think about buying any kind of hearing protection since it's generally not needed. However, hearing loss can happen even from something innocent such as watching TV loudly, listening to music at a high volume or even using something like a blender.

Fortunately, hearing protection is easy to obtain and will help protect you and your family from any potential hearing loss.



Source: <https://unsplash.com/photos/OvvPrVwnBli> (CC0)

Understanding decibels and hearing damage

It's important to realize that [sound levels](#) are the main culprit when it comes to hearing loss. For example, sounds at or above 85 decibels are likely to cause hearing loss if you're exposed to them for a long time. This could be around the level of an ambulance siren or even using an electric drill.

Without protection, these kinds of sounds can quickly damage your hearing. It won't be immediately noticeable, but you might notice something like ringing in your ears. The longer you're exposed to these situations without investing in a set of [3m ear plugs](#) to protect your ears, the worse your hearing will get. Other examples of loud noises that could damage your hearing include planes taking off, a concert or even riding a motorcycle.

Is your hearing damaged already?

You might experience [temporary tinnitus](#) when your hearing is damaged for the first time. In some cases, your hearing might return to normal and you won't really notice anything. Unfortunately, it's very difficult for our bodies to determine if we actually have hearing loss or not since it happens very gradually. The only way to tell if you have hearing loss is by visiting an audiologist and having a hearing examination.

However, there are a couple of symptoms that you should look out for. For instance, if your family tells you to turn the volume down on your TV or music player, then it could be because your hearing is a little worse than theirs. If you find it difficult to have a conversation when there's a bit of background noise, then it's also a sign that you could be experiencing a light form of hearing loss.

How to protect your hearing

You can protect your hearing by simply wearing hearing protection. It's a cheap and effective way to [keep your hearing in good condition](#) and it doesn't take much effort. Simply buy some over-the-counter hearing protection such as earplugs or earmuffs for your family and keep them stored somewhere until you need them.

Alternatively, you could use custom hearing protection solutions. These are often molded to the shape and size of your ear canal to provide maximum protection. These aren't necessary unless you're regularly exposing yourself to loud noises. For instance, if you work on a loud construction site then you may want to have the best hearing protection possible. However, if you're only occasionally going out to a concert with your family and friends, then simple hearing protection is perfectly fine.

Date Created
2020/11/20