

# Facts About Hearing Loss in Children



Approximately 12% of all children ages 6-19 have noise-induced hearing loss!

- Noise-induced hearing loss is permanent and is almost always preventable!
- Hearing loss can happen at any age. A growing number of teens and kids are damaging their hearing by prolonged exposure to loud noise.
- Noise-induced hearing loss is caused by damage to the hair cells that are found in our inner ear. Hair cells are small sensory cells that convert the sounds we hear (sound energy) into electrical signals that travel to the brain. Once damaged our hair cells cannot grow back, causing permanent hearing loss.
- **How to protect your child's hearing:**
  - Have your child wear the proper hearing protection ( earmuffs or earplugs) when in noisy environments (concerts, sporting events, fireworks displays, car races). Hearing protection come in a variety of sizes and textures to provide optimum fit. Custom-made earplugs can be obtained from an audiologist.
  - Teach your child to turn down the volume. (Visit [www.TurnItToTheLeft.com](http://www.TurnItToTheLeft.com))
  - Teach your child to walk away from loud noise.
- **Noise-induced hearing loss can be caused by prolonged exposure to any loud noise over 85 dB. The loudness of sound is measured in units called decibels (dB).**
  - 60 dB—Normal conversations or dishwashers
  - 80 dB—Alarm clocks
  - 90 dB—Hair dryers, blenders, and lawnmowers
  - 100 dB—MP3 players at full volume
  - 110 dB—Concerts (any music genre), car racing, and sporting events
  - 120 dB—Jet planes at take off
  - 130 dB—Ambulances and fire engine sirens
  - 140 dB—Gun shots, fireworks, and custom car stereos at full volume
- **Childhood noise risks include:**
  - Noisy toys
  - Sporting events
  - Band class
  - Motorbikes
  - Farm equipment
  - Movie theaters
  - Shop class
  - Arcades
  - Concerts
  - Firearms
  - Firecrackers and fireworks
  - Power tools
  - MP3 players

For more information on audiology and hearing loss, visit [www.HowsYourHearing.org](http://www.HowsYourHearing.org).

Think you may have a hearing loss? Click on the "Find an Audiologist" link of the California Academy of Audiology web site at [www.caaud.org](http://www.caaud.org) to locate and set up an appointment with an audiologist in your area to get your hearing tested.

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