

Children and exposure to loud noise

Top tips for families:

- Noise exposure in children can occur in lots of ways.
 - Attending music concerts, playing in a band
 - Sporting events, aircraft, gunfire and machinery noise
 - Listening to electronic devices through headphones, earphones (such as personal music players, computer games and smartphones)
- Children's ears can be damaged by sudden very loud sounds or by exposure over time to high levels of sound. This damage can result in temporary or permanent hearing loss and/or tinnitus (noises heard in the ears or the head)
- Children's ears are thought to be more vulnerable to damage from noise exposure than adult's ears. Children who have an existing permanent hearing impairment are thought to be at higher risk of even further damage*
- Symptoms from noise exposure occurring in childhood can get worse later in life*. It is important to protect your child's ears if they are in a situation where they are likely to be exposed to high levels of sounds
- If your child is experiencing discomfort from every day sounds (such as general background noise, hand driers and vacuum cleaners) your audiologist can give further advice

* The World Health Organisation website has further information on noise exposure and deafness www.who.int

- o Consider purchasing ear protection for your child such as ear defenders/ plugs if attending events such as air shows and concerts
- o Custom-moulded musician's earplugs and high-decibel earplugs are recommended for teens who play in bands or are frequently in loud environments
- o If your child uses headphones with electronic devices, regularly check how loud the sounds are by checking the settings or listening through the headphones yourself. You can usually alter the settings so that you can adjust the maximum volume to prevent your child from accidentally turning the music up too loud.
- o Make sure your child has regular breaks from high level sounds
- o Don't let your child fall asleep with headphones on
- o If you and other adults around you feel that noise levels are uncomfortable, move young children away from the source of the noise or give them ear protection
- o Talk to older children about the situations in which they might experience loud noise exposure. More information can be found on the following website:

<https://www.actiononhearingloss.org.uk/hearing-health/look-after-your-hearing/>

Get in touch

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