

FACT SHEET:

noise exposure and children

Overexposure to noise during childhood can cause both temporary and permanent hearing loss.¹

More than one-quarter of children listening to portable music devices have the volume high enough to cause permanent hearing loss.²

The risks¹

Children often participate in activities or use products that can harm their hearing – music concerts, sporting events, fireworks displays, noisy toys, video games, iPods and mp3 players.

Health effects^{1,2}

Short-term exposure to loud noises can result in temporary hearing loss and ringing in the ears.

Exposure to loud sounds throughout childhood can cause permanent hearing loss as well as cause harm to a child's physical and psychological health – including learning, behaviour, speech and language. Noise exposure over long periods can disrupt sleep patterns, elevate heart rate and blood pressure.

Prevention

Limit the amount of time spent on noisy activities.

Make sure your child listens to iPods/mp3 players at a low level – if you can hear their music, it's too loud!

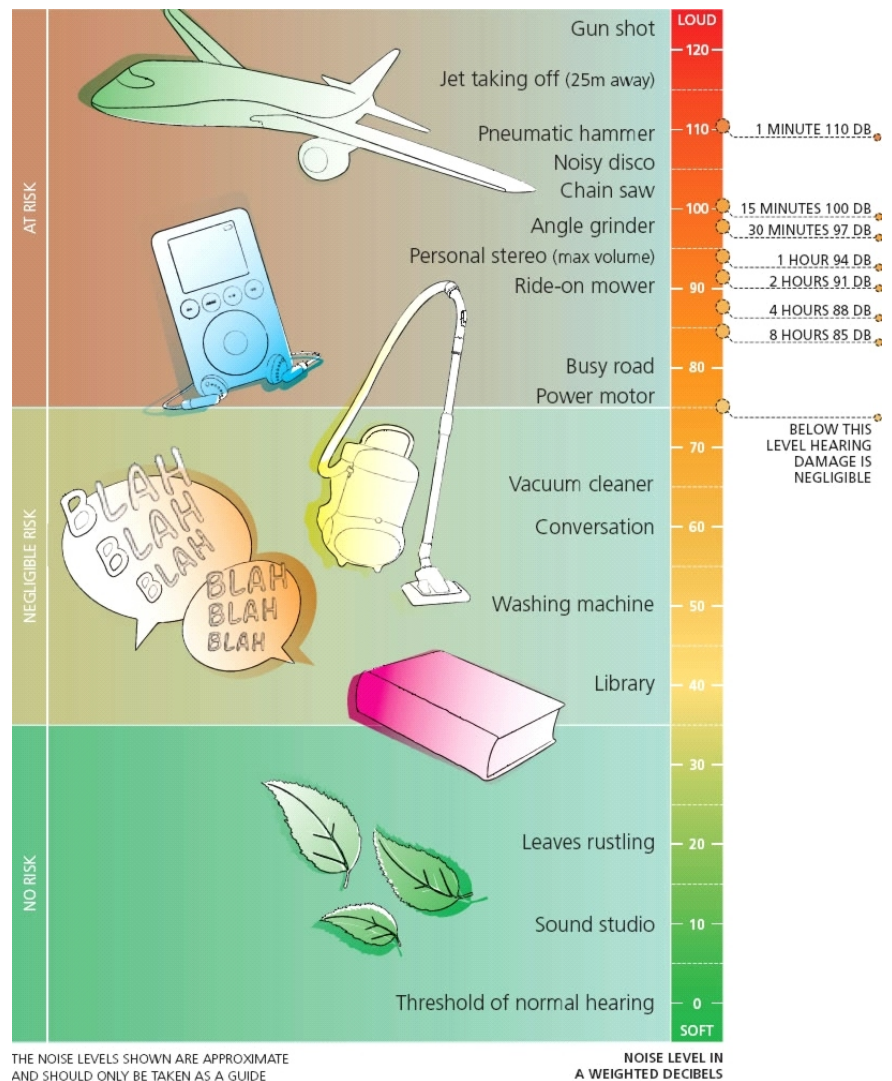
Make sure your child uses hearing protection, such as earplugs, during noisy events.

Create a quiet learning and sleeping environment.

If your child often hears ringing, roaring or hissing sounds, does not react to unexpected loud noises, or speaks at an unusually loud level to someone next to them, see your doctor or hearing specialist.

Examples of noise level exposure

Figure by Australian Hearing, provided in DOHA, Submission 54, p16



Sources

1. American Academy of Otolaryngology, Head and Neck Surgery (2011), *Noise induced hearing loss in children* factsheet.

2. Environmental Protection Agency (2009), *Noise and its effects on children*.