

Using Earphones Every day, is it Safe?

Now, if you are typical of people who are addicted to listening to music using earphones or headphone, you might not like this article. BUT, if you still care about your hearing health, then you should be happy to end up in here. WHO has posted an article back in February 2015 about the risk of hearing loss for over 1.1 billion people. The cause the hearing is the loud noises around us, including the music that we listened via earphones. For a moment, you might think that this information is ridiculous. But it's not. We're talking about data here, so no hoax info. So, how in the world harmless earphones could damage (and possibly losing) our hearing?

There is a unit called decibels -also known as dB or dBA- that used as one of the standards to measure sound or noise. Experts have classified the noise, using this measurement, from 10 dBA-180 dB. Noises around 10 to 75 dB are considered safe for our eardrums. More than that are noises that can create hearing damage or hearing loss. There you have it, the cause of damaged hearing or losing hearing.

Many things around us produce noises such as clapping our hands, the car engine, ambulance siren, etc. When we talk, our normal voice measured around 60 dB. The noise from shower measured at has 70 dBA, while vacuum cleaner has 75 dBA. Those noises are safe, so it's okay to be around those noises every day. Now, we'll talk about noises that may not have effected our hearing right away but will surely affect it if we keep hearing them all the time. Squeezing the toys has 90 dBA, rock music concert has 110 dBA, and balloon popping has 125 dB. You should not hear those noises too often. For noises that have 90 dBA can be heard for 2-hour maximum, 110 dB is around one minute, 125 dBA is around 3 second, more than 140 dBA can't be exposed at all.

Now, how about music from earphones? According to Medline Plus, the maximum volume in average earphones or headphones equals to 110 dB. It means, we can use the earphones as long as the volume is less than 75 dB or around 60% from the maximum volume. The thing that you need to note is the fact that our hearing ability cannot be back to normal once it's damaged or lost. The only option is to use a hearing device. So be wise on using earphones since it's close to our eardrum. One or two hours per day should be enough to keep our eardrum safe.

Facts' source:

<http://www.noisehelp.com/noise-level-chart.html>

<http://www.noisehelp.com/noise-dose.html>

<http://www.who.int/mediacentre/news/releases/2015/ear-care/en/>

<https://earhero.com/how-to-tell-your-music-is-too-loud>