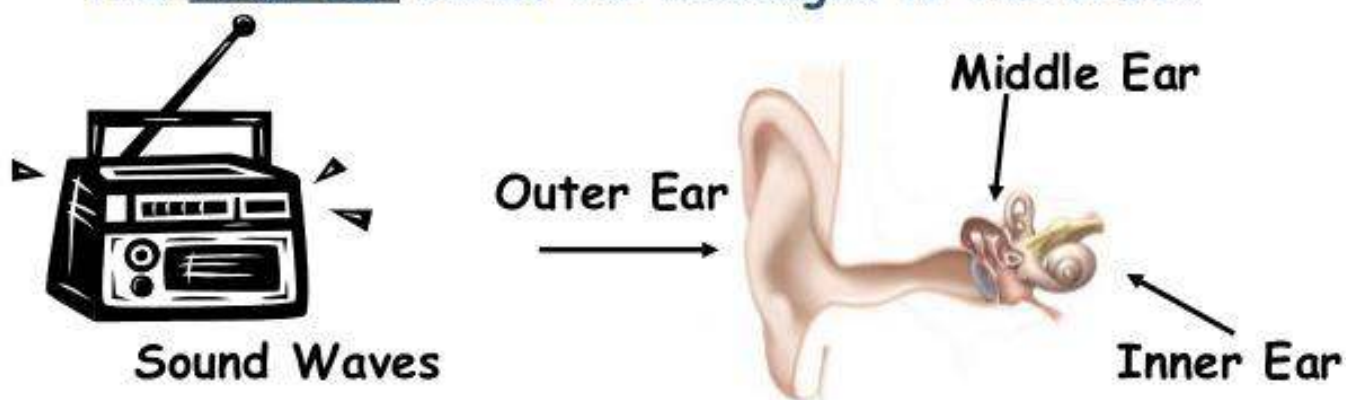


1st to the 5th of March is Hearing Awareness Week!

with the 3rd of March being Hearing Day 😊

How does the ear work?

- Sound waves are sent.
- The outer ear "catches the sound waves".
- The middle ear takes the sound waves and "vibrates" the eardrum.
- The inner ear sends the messages to the brain.



- The brain puts it together and hooray! You hear your favorite song on the radio.

However, ...

Noise-related hearing loss among young adults is concerning. Their ears are ageing faster than they should be.

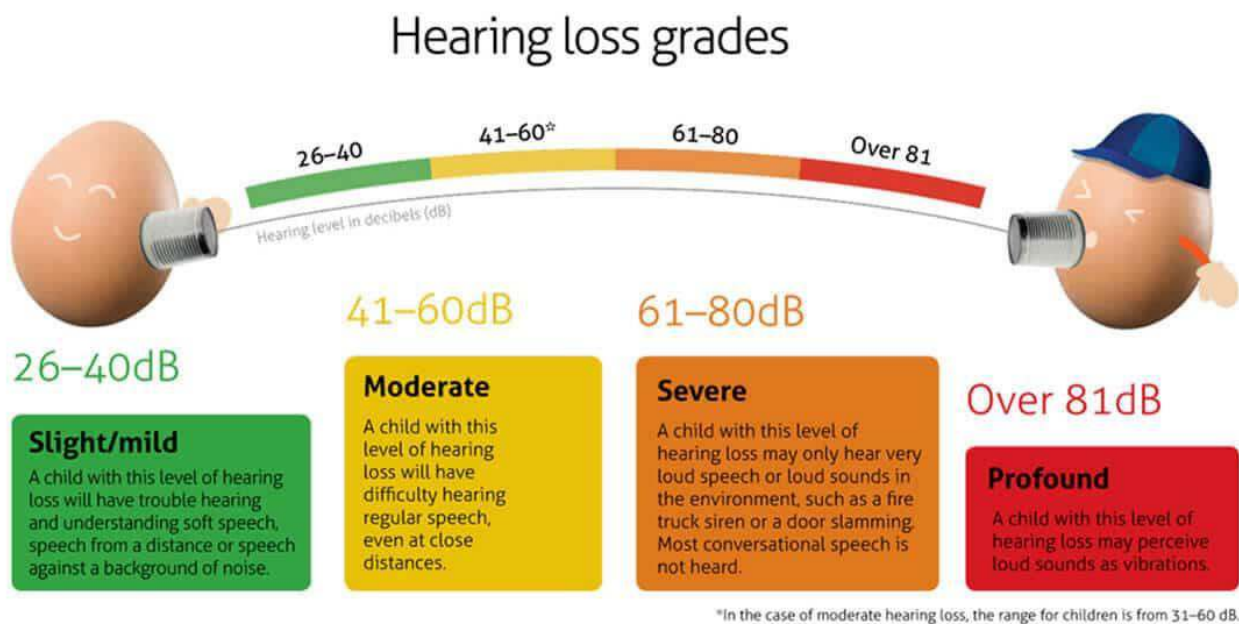
- The major preventable cause of hearing loss is noise injury.
- 37% of hearing loss is due to noise injury and is preventable.
- Hearing loss is on the increase due to leisure activities such as personal music players and social and recreational noise.
- Poor fitting ear buds mean that users may turn up the volume to try to block out background noise, which increases the risk of noise injury.

Noise pollution causes hearing loss in three main ways:

- the loudness of the signal,
- the amount of time you are exposed,
- how often you are exposed.

Signs of hearing loss include:

- turning the TV or stereo up so loud that others complain,
- frequently needing to ask others to repeat themselves,
- not being able to hear properly on the telephone,
- not feeling comfortable in noisy situations such as restaurants, or where they are straining to hear, such as in cinemas,
- missing out on important parts of conversations



Deafness is one of the most common disabilities worldwide. One in six Australians has some form of hearing impairment – that's 3.55 million people.

The number of Australians with deafness is expected to increase to 1 in 4 by 2050.

It's as simple as these 4 easy steps to protect your hearing:

HOW CAN YOU PREVENT NOISE-INDUCED HEARING LOSS (NIHL)?



TURN IT DOWN



PROTECT YOUR EARS



WALK AWAY



LIMIT EXPOSURE

- If you are concerned that your child's hearing is poor,
- please feel free to contact your school health nurses at your school.
- We can do a free hearing assessment for you 😊



- And then you'll be ready to go have some fun

