

Did You Know...



1.1



1.1 billion young people aged 12-35 are at risk of hearing loss due to noise exposure in recreational settings.

50%



50% of people aged 12-35 listen to personal audio devices at unsafe volumes.

60%



60% of childhood hearing loss is due to preventable causes.

40%



40% of people aged 12-35 are exposed to damaging levels of sound at sporting events, nightclubs, and bars.

What Can You Do?



Turn Down the Volume



Walk Away from Loud Sounds



Less Time on Personal Devices



Protect Your Ears with Earplugs

Are you at risk for Noise-Induced Hearing Loss?



The NIHL Program

The NIHL Program, the only bilingual program of its kind in Quebec, aims to promote awareness about Noise-Induced Hearing Loss (NIHL) through fun, interactive workshops. Participants learn about sound, the ear, causes and consequences of NIHL — and most importantly, how to prevent it by staying safe in noisy environments.

The NIHL Program presentations come in two models:

- **Recreational** — perfect for day camps, gym classes, and after-school programs.
- **Educational** — perfect for classroom settings, this model is based on The Hearing Foundation of Canada's enormously successful Sound Sense program.



Book **The NIHL Program** for your school or camp today!



What is Noise-Induced Hearing Loss (NIHL)?

From Health Canada: *Noise-induced hearing loss is caused by overexposure to loud sounds. In some cases, the damage is only temporary. But repeated exposure to excessive noise for long periods of time can cause permanent damage. So can a single exposure to an intense sound close to the ear.*

According to the World Health Organization, approximately 1.1 billion teenagers and young adults are at risk of hearing loss because of unsafe use of personal audio devices and exposure to high-intensity sounds in recreational settings. NIHL can affect language acquisition, academic functioning, social skills, professional opportunities, and mental health.

The damage is permanent, but prevention is possible!



Know the Early Signs of Hearing Loss

(Government of Canada)

If you observe early signs of hearing loss, you should contact your doctor's office to discuss the need for a test or examination. Early signs include:

- Difficulty trying to follow a conversation in the midst of background sounds (e.g. at a social gathering or in a cafeteria).
- The perception that people around you are mumbling.
- Hearing a ringing, buzzing, roaring, or rushing sound in your ear when there is nothing making these sounds. This condition is called tinnitus.

