

BINGE LISTENING - THE FACTS

- The most significant single cause of hearing loss in Australia is exposure to loud noise.
- According to a 2006 report hearing loss is still common and set to rise from one in six to one in four Australians by 2050 (Access Economics).
- A new report ***Binge Listening: Is exposure to leisure noise causing hearing loss in young Australians?*** is based on a survey of 1,000 18-35 year olds hearing.
- The report was launched by Australian Hearing in Sydney today.
- It shows the risk of hearing damage in young Australians who frequent loud nightclubs, live music venues and concerts.
- Noise levels have an average of 98 decibels.
- Noise levels at concerts and live music events average over 92 decibels.
- Noise at 100 decibels can cause damage after 15 minutes.
- Noise at 94 decibels can start causing damage after an hour.
- The report shows that those who are receiving dangerous doses of leisure sound already report more symptoms of hearing loss than those who are receiving safe doses.

If you are concerned about your hearing, **take a hearing test over the telephone** by calling *TelScreen* toll free on **1800 826 500**.