



Listen
Responsibly



Is it too loud?

Five Golden Rules for listening at the right volume

1 LIVE MUSIC

We all love live music, but did you know that live concerts can be louder than 110 dBA? Wear earplugs or hearing protectors and enjoy your favorite band.

2 CLUBS

Feeling the vibrations of the speakers is great, but remember to take a 15-minute break from time to time in a quieter area. Your ears will thank you!

3 GAMING

Want to challenge your friends online? If you wear headphones, remember to keep the volume of your device below 60% and do not to use them for more than 60 minutes in a row.

4 STUDY

You are at home, and the vacuum cleaner or the neighbor practicing violin are distracting you? Instead of turning up the volume to not listen, wear noise-canceling headphones.

5 SPORTS

A swim is just what you need after a day of studying! Wear swimming earplugs before you dive in to avoid inflammation and the uncomfortable feeling of closed ears.