



Hearing
New Zealand
Te Kahui Rongo o Aotearoa

MAKE LISTENING SAFE

Our Key Projects in 2020 and Beyond



Dangerous Decibels

We'd like to continue to run the Dangerous Decibels programme in schools across the country and educate thousands of kids about how and why they need to protect their hearing.



Youth Engagement

We plan on visiting a number of music festivals and handing out free earplugs and engaging with young people.



Research

We are in the process of collaborating with the University of Auckland on a research project around hearing education.

Looking After your Hearing

- **Check the noise level**
There are many apps that can help you measure whether or not the noise levels are safe.
- **Wear hearing protection**
Earplugs are convenient and easy to obtain.
- **Don't listen to loud music for too long**
The suggestion is if listening with headphones, to listen at no more than 60% volume for no more than 60 minutes a day.
- **Give your ears time to recover**
Researchers have found that your ears need an average of 16 hours of quiet to recover from one loud night out.

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