

Loud sounds at work and leisure can damage your hearing

Learn more



To make listening safe:



Keep the volume down

Use earplugs in noisy surroundings

Limit time spent engaged in noisy activities

Use smartphone apps to monitor sound levels

Get regular hearing check-ups

Once you lose your hearing, it won't come back!

#safelistening



World Hearing Day | March 3 2022

#Worldhearingday

To hear for life, listen with care!



Hearing loss due to loud sounds can be prevented



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