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2024 Noise Awareness Day: "Protect Your Hearing, Protect Your Health!"

(EUHA/Mainz, 15 April 2024) **The 29th International Noise Awareness Day will be celebrated on 24 April 2024. In Germany, this year's motto is: "Quietness wins, the future begins." The goal this year is to reduce the noise environment.**

To do so, it is important to take a close look at your own everyday life regarding noise. In the city, it may be a good idea to use your bike and leave your car parked more often. At work, it is important to avoid sources of noise, or use hearing protection. This doesn't just mean jobs in industry, but for instance also in schools and kindergartens. Noise levels of up to 140 decibels (dB) can occur there. From around 85 decibels, hearing can be permanently damaged.

There are also various sources of noise in the household; a smoothie maker, for example, produces around 90 dB. Squeezing fruit by hand using a lemon squeezer not only reduces noise, but also the stress caused by it.

Children, too, are exposed to unexpected sources of noise. When buying toys, it is advisable to make sure that they are "ear-friendly toys". Frog clickers, whistles, and horns as well as noisy electric toys produce noise that is unnecessary.

Beate Gromke, master craftswoman of hearing aid acoustics and President of the European Union of Hearing Aid Acousticians, says: "I recommend taking action yourself and protecting your ears. Hearing protection, ideally custom-made hearing protectors fitted by a hearing aid acoustician, is a good way to protect your hearing from noise. Such hearing protectors are made to fit and last a long time. Your hearing aid acoustician will offer advice."

She also emphasises the aspect of prevention because only those who protect their hearing today can rely on their hearing in the future.

For further details go to: noiseawareness.org

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Types of hearing protection

Custom-made hearing protection: Hearing is best protected using custom-made hearing protectors. Such protectors have a defined and consistent effect, are long-lasting, and offer a precise fit and comfort. You can obtain them from any hearing aid acoustician.

Active hearing protection: In this special version, built-in electronics ensure noise attenuation as the situation requires. Quiet signals can pass through while impulse noise is attenuated. Ideal for hunters, for instance.

Standard hearing protection: Ready-made earplugs without filters are suitable for anyone who wishes to protect themselves from noise without placing specific requirements on comfort and sound quality. They offer more attenuation of the dangerous high frequencies, which results in a duller sound.

Ear defenders (earmuffs): Ear defenders are suitable for professional use in very loud environments – in industry or at the airport. As they cover the entire outer ear and bone conduction, sound attenuation is very good.

Media contact

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