

Hazards of Personal Music Players

Listening to personal music players at a high volume over a sustained period can lead to permanent hearing damage. This is as per **Scientific Committee on Emerging and newly identified Health Risks (SCENIHR)**.

Risk Factors:

In the last few years, leisure noise has become a significant threat to hearing because;

- **It can attain very high volumes**
- **An increasing proportion of the population is exposed to it (particularly young people).**
- **There has been increasing concern about exposure from the new generation of personal music players which can reproduce sounds at very high volumes without loss of quality.**

Various studies have reported that increasing numbers of adolescents and young adults now experience symptoms indicative of poor hearing, such as:

- **Distortion**
- **Tinnitus (a high pitch ringing in the ear)**
- **Hyperacusis or threshold shifts - over-sensitivity to certain frequency ranges of sound (a collapsed tolerance to normal environmental sound).**

Remedial Actions:

Personal music player users may take certain precautions, such as:

- **Should not use personal music player for prolonged periods in the interest of their hearing**
- **Try listening music in lower volume or using a noise-limiter**
- **Heeding to warnings against the risks of high-volume music**

Note: Please cascade this message to young ones

