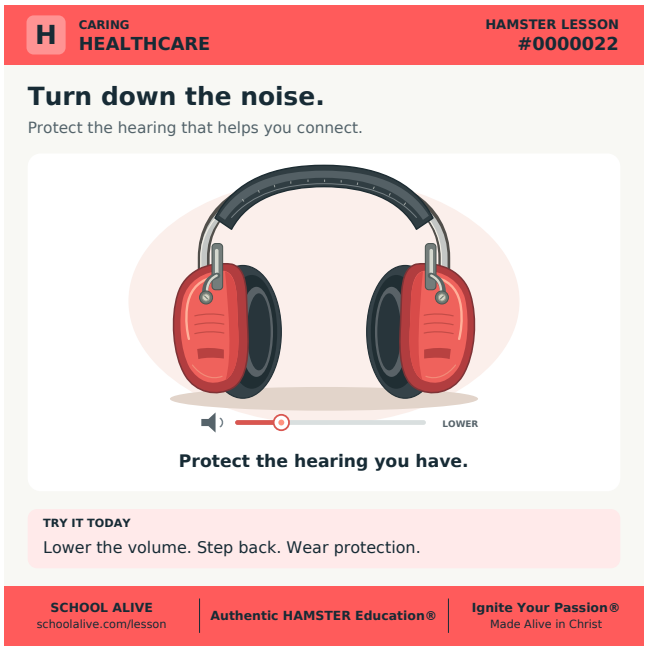


1. ❓ Can a sound we enjoy still be too loud for our ears?
2. 🙋 Yes. Hearing risk depends on sound level and exposure time, not whether we like the sound. Lower the volume, move away from loud sources, and use suitable hearing protection when noise cannot be avoided.
3. ⏳ In 1972, NIOSH published early recommendations on workplace noise. Its 1998 revision incorporated further research. Hearing care grew through observation, measurement, and efforts to prevent damage before people noticed a problem.
4. 💡 At a gathering, the speaker beside your table makes conversation difficult. Ask to lower the volume or move the conversation farther away. Turning up another device to compete with the speaker adds more sound.
5. 🔍 Familiar does not mean harmless. Loud sound can affect hearing gradually, and a person may not notice the change at first. Prevention begins with changing exposure, not proving how much noise we can tolerate.
6. 🌎 Hearing helps us enjoy music, understand instructions, and notice a person asking for help. Reducing unnecessary noise in a shared space is a practical way to care for our neighbors as well as ourselves.
7. 🎯 Choose one sound you control today, such as music or television, and lower it before your next listening session. If your next activity will be loud, plan a quieter position or appropriate hearing protection before it begins.

References · CDC: Preventing noise-induced hearing loss · NIH/NIDCD: Noise-induced hearing loss · NIH/NIDCD: Hearing protectors · NIOSH: Fifty years of hearing-protection research · NIOSH: Distance and time in noise prevention
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