

Clubbers warned over hearing loss

A charity for deaf people is warning that loud music in pubs and clubs is leading to a hearing loss "time bomb".

The Royal National Institute for the Deaf (RNID) found that the hearing of about 70% of people who visited nightclubs was affected.

The group is now calling on the Scottish Executive to introduce recommended noise exposure levels for revellers to prevent future damage.

The study also found loud music damaged the ears of nearly 50% of pub goers.

According to the charity's Like It Loud report, published as part of its Don't Lose the Music campaign, 90% of young people experience the signs of hearing damage after a night out, yet do nothing to prevent it.

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Delia Henry
RNID Scotland

Symptoms of hearing damage such as dullness, tinnitus or ringing in the ears are regularly ignored.

Delia Henry, director of RNID Scotland, said it was time for action.

She said: "We're all familiar with messages about practising safe sex and using sun cream - but the lack of any guidance on loud music means this generation of music lovers could be facing a hearing loss time bomb.

"Our research shows most young people have experienced the first signs of permanent hearing damage after a night out, yet have no idea how to prevent it.

"With regular exposure to music at high volumes in clubs, gigs and bars, it's only too easy to clock up noise doses that could damage their hearing forever."

The campaign, which is supported by musicians such as Moby, Embrace, and Katie Melua, is now urging young club goers to invest in a pair of reusable ear plugs to reduce future ear damage.

Story from BBC NEWS:
<http://news.bbc.co.uk/go/pr/fr/-/1/hi/scotland/6259292.stm>

Published: 2007/07/02 09:58:41 GMT

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