

# #dontlosethemusic

**Love music, protect your hearing –  
put your earplugs in and party on!**

Scan the code in Facebook Messenger to read our top  
tips on looking after your ears



## Live gig

Decibel level

**110**

How long is it safe?

**2** minutes

## Nightclub

Decibel level

**100**

How long is it safe?

**15** minutes



**Earplugs take off on average 15-20 decibels which makes for safer listening**

 **Action on Hearing Loss Northern Ireland**

 **[actiononhearingloss.org.uk](http://actiononhearingloss.org.uk)**

 **@hearinglossNI**

 **Public Health  
Agency**

Project supported by the PHA

 **ACTION ON  
HEARING  
LOSS**

**NORTHERN  
IRELAND**

A national charity  
since 1911

**Action on Hearing Loss is the trading name of The Royal National Institute for Deaf People.** A registered charity in England and Wales (207720) and Scotland (SC038926) A1464/0618