



# executive summary

- The RNID Don't Lose the Music campaign, highlights the risks to hearing from over-exposure to loud music in clubs, at concerts and from using personal stereos – some of the most popular leisure pursuits amongst 18-30 year olds.
- Regular over exposure to loud music can lead to premature hearing loss. It can also cause ringing in the ears which may become permanent, a condition called tinnitus.
- Once hearing damage occurs there is no cure.
- Young adults are at risk; an RNID survey<sup>1</sup> of 18-30 year olds who regularly go to clubs and gigs found 73% had experienced ringing in the ears or dullness of hearing warning signs of potential hearing damage.
- Noise levels in nightclubs and at concerts can be as high as 110 dB(A) – the same noise level as an aircraft taking off.
- In the workplace, workers must be offered hearing protection at 85 dB(A) under the Noise at Work Regulations 1989. This will be reduced to 80 dB(A) in 2006 at which time more workers will be protected.<sup>3</sup>
- In terms of noise levels in nightclubs or at concerts, there is no legislation to protect customers. It is up to individuals to protect their hearing.
- RNID is not aiming to stop people from going to clubs, gigs, festivals or any other music-orientated activity, but is seeking to raise awareness of the risks and how to minimise them.
- There are simple things individuals can do to protect their hearing while enjoying music – take regular breaks from the dance floor, stand/dance away from loudspeakers and wear earplugs.
- RNID is seeking to work with the music industry and public health bodies to inform young adults of the risks of over-exposure to loud music, and of the steps they can take to protect themselves.
- RNID is calling on venue owners to publish noise levels and to provide chillout space where the noise is not more than 80dB(A) to give customers the opportunity to have a break from loud music.

<sup>1</sup> see appendix for details of the 2003 RNID research

<sup>2</sup> see appendix for a glossary of terms

<sup>3</sup> see appendix for more information about UK Noise at Work Regulations

# introduction

Over the course of 2002, 15.7 million<sup>4</sup> people visited the UK's 1750<sup>5</sup> nightclubs to enjoy themselves dancing to their favourite music.

Unfortunately, many of these visitors (who are typically from the 18-30 year old age group) do not realise that the very thing they love could be causing them harm.

Research launched by RNID in May 2003 showed that of the 66% of 18-30 year olds who regularly go to clubs and gigs, 73% have experienced ringing in their ears or dullness of hearing, warning signs of hearing damage. The majority of the same group did not know that hearing damage is irreparable or how to look after their hearing.

Such startling statistics should not come as a shock. In other areas of public health – diet, sex, smoking, alcohol, drugs, sunbathing – the public has been provided with information which allows them to make an informed choice. Sadly, this is not the case with the dangers of over exposure to loud music. RNID believes today's generation has a right to know

when they are putting their hearing at risk and what they can do to protect themselves.

This report uses the example of noise levels in nightclubs to highlight the worrying truth about the dangers of over-exposure to loud music.



<sup>4/5</sup> Mintel Report, Nightclubs: Leisure Intelligence, December 2002

# background

Once noise-induced hearing loss occurs, there is no cure. However, in a world where young people are fearless, and where hearing loss is associated with getting old, the importance of looking after your hearing when you're young is often ignored.

This is made worse by the lack of awareness about how hearing damage occurs. Dangerous noise levels don't always equate to being unpleasurable. People go to nightclubs for a specific experience – and part of that is listening to loud music. If a sound is

emotionally satisfying as music is, it is possible to underestimate the intensity.

As an example, the noise level of a pneumatic drill is approximately 100dB(A). Most people would not choose to stand beside a pneumatic drill for more than a few minutes, but the same people would happily spend a couple of hours listening to music at the same, or higher, levels in a night club<sup>6</sup>.

Unfortunately, whether a noise is liked or not makes no difference to the damage it can do to hearing.



<sup>6</sup> see appendix for further examples of noise levels

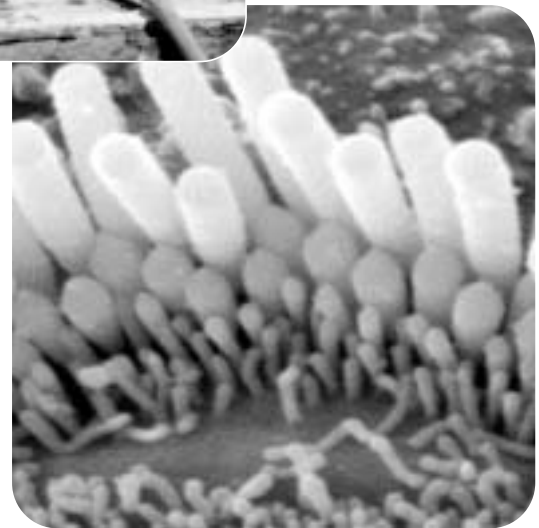
# how hearing damage occurs

The human ear is an exquisitely sensitive organ which can detect the tiniest of sounds but has not been designed to withstand loud noise for long periods. Sustained loud sound causes damage to the tiny hair cells in the inner ear which convey sound to the brain through the auditory nerve. Once damaged, these hair cells are not replaced.

The effect of noise exposure on hearing is cumulative. The amount of damage sustained by an individual's hearing depends on the total noise energy reaching the ears from a variety of sources, although susceptibility to noise varies markedly from person to person. An increase of only a few decibels has a dramatic effect on the danger to hearing – this is because each increase of 3 dB(A) represents a doubling of sound energy.

Simply put, the risk of damage to hearing is calculated on the basis of how loud and for how long. As an

example, being on a dance floor for one hour at 100dB(A) delivers the same amount of noise energy to the ear (and therefore potential damage) as being on a quieter dance floor, 97dB(A), for two hours.



# what's the problem?

RNID research found 86% of 18-30 year olds regularly go to pubs and bars that are so loud they have to shout to make themselves heard. As a rule of thumb, if you can't talk to someone two metres away without shouting, it means the noise level is too loud.

Going to a pub followed by a club is common practice, which means exposure to levels of sound in excess of 100dB(A) for eight hours or longer is not uncommon. Of the 30% of adults who go to UK nightclubs, most are in the 'young adult' age range who are more likely to go regularly<sup>7</sup>. RNID's research found that people who go clubbing regularly were likely to spend the most time in clubs; 46% of the people in our survey who go clubbing every week spend over four hours in the club.

The fact that many clubbers use recreational drugs enabling them to remain on the dance floor for longer, combined with the possibility of relaxed licensing hours in the future, means that many people may spend long periods of time in noisy leisure environments.

It should also be noted that, in addition to this leisure time noise exposure, many young adults find themselves working in noisy occupations in either traditional industries – e.g. factories or the building trade – or in noisy service industries such as bars, restaurants and clubs.

Anyone exposed to an accumulation of high noise levels is seriously at risk of damaging their hearing.



<sup>7</sup> ICC Keynote Market Reports: Catering Market, January 2004

# case studies



Simon  
Withenshaw,  
aged 24 from  
Cheshire

Simon works as a sound designer and composer, so music is a big part of his life. When he was younger he used to DJ at nightclubs and would often go home with ringing in his ears.

*"One night in particular I was DJ-ing in a club where the sound system was particularly loud; that night I went home with a ringing sensation so bad that it took my ears several days to get back to normal. In one ear, the ringing has never completely stopped."*

*"Nowadays I am very sensitive to loud music (particularly high/treble frequencies) and the mild tinnitus I have, normally increases dramatically if I expose myself to loud music. This can cause some problems for me as I work in a recording studio. I very rarely DJ these days, but if I do I am careful to wear earplugs."*



Louis Millichamp,  
aged 25 from  
London

Louis has experienced severe tinnitus for about 18 months. Louis used to go clubbing all the time, and he also ran club nights and was a DJ. He believes that his tinnitus was caused by this exposure to loud music, and that he was probably at greater risk because as well as being a clubber, he was also listening to amplified music through his headphones whilst DJ-ing.

At the time, Louis was not aware of the dangers of noise exposure. He says he would have taken preventative action if he had known about the risks.



# the Don't Lose the Music nightclub noise survey

RNID was interested to know what noise levels the UK's clubbers are exposed to on an average night out and so commissioned a covert noise survey of 15 nightclubs around the country.

Between December 2003 and March 2004 noise levels were tested<sup>8</sup> in three nightclubs in each of the following cities – Belfast, Cardiff, Edinburgh, London and Manchester.

In order to assess likely worst case noise levels, the survey was carried out between 22:00 – 02:00 hours on a Friday night, when the loudest music and a high number of customers, were anticipated.

Noise level readings were taken on the dance floor and chillout areas in

each club. The aim of the survey was to assess the typical noise levels inside nightclubs, comparing distinct areas within and between different clubs and to find the potential exposure for customers.

For comparison purposes, the clubs were chosen for the types of music played on the night of each survey in each of the five cities we visited – a drum & bass night, a house night and a 'cheesy pop' night.

The survey does not aim to name and shame specific nightclubs, but aims to highlight that today's clubbers are being exposed to potentially damaging noise levels, and have no information to make an informed choice about hearing protection.



<sup>8</sup> see appendix for information about equipment used in the survey

# survey results

City	Nightclub <sup>1</sup>	Music style	Dance floor noise level dB(A) <sup>2</sup>	Chillout area noise level dB(A) <sup>2</sup>	Dance floor <sup>3</sup>	Chillout area <sup>3</sup>
Belfast	Club A	Pop	100.3	91.4	(a) 4mins (b) 15mins	(a) 32mins (b) 1hr 36mins
	Club B	House	109.0	93.3	(a) <1min (b) 2mins	(a) 22mins (b) 1hr 10mins
	Club C	Dance	109.4	n/a	(a) <1min (b) 2mins	(a) n/a (b) n/a
Cardiff	Club D	Pop	98.4	91.8	(a) 7mins (b) 23mins	(a) 32mins (b) 1hr 40mins
	Club E	House	103.8	92.0	(a) 2mins (b) 6mins	(a) 30mins (b) 1hr 36mins
	Club F	Drum & bass	98.4	94.4	(a) 7mins (b) 23mins	(a) 17mins (b) 50mins
Edinburgh	Club G	Pop	99.5	91.7	(a) 5mins (b) 17mins	(a) 30mins (b) 1hr 36mins
	Club H	House	89.8	80.9*	(a) 48mins (b) 2hrs 24 mins	(a) 5hrs 30mins (b) >10hrs
	Club J	Drum & bass	110.2	96.3	(a) <1min (b) <2mins	(a) 12mins (b) 35mins
London	Club K	Pop	95.4	88.1	(a) 13mins (b) 45mins	(a) 1hr 10mins (b) 3hrs 30mins
	Club L	House	95.3	81.8*	(a) 13mins (b) 45mins	(a) 4hrs 30mins (b) >10hrs
	Club M	Drum & bass	103.7	87.2	(a) 2mins (b) 6mins	(a) 1hr 30mins (b) 4hrs 30mins
Manchester	Club N	Pop	101.3	n/a	(a) 4mins (b) 12mins	(a) n/a (b) n/a
	Club P	House	96.9	n/a	(a) 9mins (b) 19mins	(a) n/a (b) n/a
	Club Q	Drum & bass	94.9	95.6	(a) 19mins (b) 48mins	(a) 13mins (b) 45mins

- 1 the names of the nightclubs which we surveyed will remain anonymous
  - 2 noise levels on the dance floor and chillout areas were measured in dB(A) (Leq,t)
  - 3 allowable times in each area in isolation to meet Noise at Work (NAW) Regulations action levels:
    - (a) to meet 80 dB(A) Lep,d NAW proposed first action level;
    - (b) to meet 85 dB(A) Lep,d NAW current first action level and proposed second action level.
 See appendix for more information.
- \* level shown likely to be lower
- n/a no chillout area or area closed at time of survey

# our findings

As expected, noise levels were highest on the dance floor. The measured noise level range on the dance floor areas was between 90 - 110dB(A). This is consistent with previous nightclub noise surveys<sup>9</sup>.

In all of the nightclubs (apart from club Q) the noise level was lower in the chillout area, with levels ranging from 81 - 96dB(A).

Although lower than the dance floor, it is important to note that noise levels in the chillout areas are still significant and RNID has serious concerns about the inadequacy of provision of chillout areas in nightclubs.

Out of the 15 nightclubs surveyed, three didn't provide any obvious chillout areas or, if they did, they were closed at the time of the survey. In the remaining 12 nightclubs, noise levels in the supposed 'chillout areas' averaged 92.3dB(A) – over 12 decibels higher (or 16 times the sound energy) than the 80dB(A) average recommended by RNID.

Most worrying of all was the example of one club (club Q) where the chillout area was louder than the dance floor!

The lack of adequate chillout space for clubbers is a cause for concern as it means people are unable to take breaks from high noise levels on the dance floor when they want to. RNID recommends using chillout areas to give clubbers a break, and from this survey it is clear that clubbers are being let down by venue owners who are failing to provide that space.

*// ...the chillout area was louder than the dance floor!*

In the last two columns of the table on the previous page the acceptable exposure times in both the dance floor and chillout areas have been calculated against the current and proposed action

levels included in the Noise at Work (NAW) regulations. These regulations are intended to protect employees but not customers. At the NAW action levels there are responsibilities for employees and employers to reduce noise exposure. The NAW action levels are not directly applicable in this setting, but they do however, provide a useful way to demonstrate the short amount of time recommended to be spent in an area of high noise levels.

<sup>9</sup> Safer Sound, RNID, July 1999

# recommendations

## The music industry

In an era of corporate social responsibility, RNID believes the music industry should take pre-emptive action on this issue by letting their customers know about the risks of over exposure to loud music. We are specifically calling for the following:

### Club owners

- Ensure chillout areas are provided where physically possible. Ensure chillout areas are open, and that noise levels in chillout areas don't exceed 80dB(A).
- Publish noise levels where they can be seen by staff and the public, and display consumer-friendly signs advising about hearing protection.
- Provide earplugs for free or available to buy.

### Night club promoters / music event organisers

- Ensure the venues they use publicise noise levels where they can be seen by customers.
- Provide information about hearing protection via their websites, flyers, posters, tickets, programmes and other promotional materials.

### Ticket agencies

- Inform people who go to clubs, concerts and gigs about hearing on the back of tickets, on their websites, on viral marketing, on compliment slips which accompany tickets mailed to home addresses, etc.

## Music retailers

- Stock earplugs and other products in retail outlets.
- Provide information about hearing protection via websites, in-store and with purchases.

## Public health bodies

RNID believes it is essential that action is taken to ensure that the UK minimises the number of young people developing a premature hearing loss or permanent tinnitus. RNID is calling for:

- The appropriate public health and educational bodies to include hearing issues in education programmes aimed at young people.

## Individuals

Regular clubbers and people who go to gigs should take steps to protect their own hearing. They should:

- Take regular breaks from the dance floor at nightclubs.
- Stand/dance away from loudspeakers.
- Use chillout areas to give their ears a break.
- Wear earplugs if they go regularly to a club or gigs.
- Watch out for the warning signs of hearing damage – ringing ears or dullness of hearing.
- Tell local clubs if they are concerned about noise levels in their venue, or think they should provide information or earplugs for customers.

# what is the Don't Lose the Music campaign?

Don't Lose the Music is a UK-wide public awareness campaign, designed to educate those most at risk about hearing damage due to over-exposure to loud music in settings such as pubs, clubs, gigs, concerts, festivals and from personal stereo use.

The campaign was launched in May 2003 and now comprises:

## A campaign website

Information, advice, celebrity quotes, case studies, product information, games, competitions and press releases are provided on the website.

## Celebrity endorsements

Don't Lose the Music is supported by high-profile stars such as Moby, The Darkness, Sir George Martin, Embrace, Pink Floyd, Louise Rhodes (Lamb), Shahin Badar, Radio 1's Emma B and Dr Mark Hamilton, InMe, Jools Holland, Phil Collins, Lemar and Pete Waterman.

**Live events** The campaign team raises awareness by giving out free earplugs and information at music events such as the Glastonbury and T in the Park festivals, Notting Hill Carnival,

Radio 1 on the Road (in Plymouth) and at club nights. Holidaymakers on their way to clubbing resorts such as Ibiza and Ayia Napa have also been targeted at airports.

## Advertising campaigns

600,000 postcards advertising the campaign messages and campaign website have been distributed in student unions and style bars across the UK.

## Media coverage

Coverage of the campaign has generated over 40 million opportunities to see (as at March 2004). Features aired during 2003/04 on BBC1's *The Saturday Show*, Radio 4's *The Today Programme* and CNN's *The Music Room*.

**Partnerships** Opportunities are actively sought to work with hearing protection manufacturers, music retailers, club/music event promoters, venues, student and youth groups, professional bodies, educators and other organisations with an interest in furthering the aims of the campaign.



[www.dontlosethemusic.com](http://www.dontlosethemusic.com)

# appendix

## RNID research launched in May 2003

RNID research was conducted by Field2Data in October 2002. The research was funded by the Persula Foundation. The aim of the research was to collect information from young people about their social activities, and in particular whether they had ever experienced hearing difficulties, their level of concern about potential damage to hearing as a result of social activities, and their understanding of hearing damage.

## RNID noise survey 2004

This audit was carried out by Enviros Consulting Limited - Independent Environmental Consultants. A Cirrus Research type 100B doseBadge was used to carry out the measurements. This type of equipment is commonly used to carry out occupational noise surveys in commercial or industrial premises to make sure companies' comply with Noise at Work Regulations.

## Glossary of terms

**Decibel:** The standard unit of noise measurement in terms of the sound pressure level. Often abbreviated to dB.

**dB(A):** The A-weighted sound pressure level which approximates to the response of the human ear.

**Lep,d:** The daily personal noise exposure level. It is calculated using the actual noise level and the length of time the person is exposed to the noise and normalised to an 8 hour working day.

**Leq,t:** Represents an average noise level of a continuous, steady sound over the measurement period, containing the same sound energy as the time-varying source.

**Tinnitus:** Sensation of buzzing, ringing, whistling, hissing, or a range of other sounds in the ears or head. It is often associated with many forms of hearing loss and noise exposure.

## UK Noise at Work Regulations

Employers have a legal duty under the UK Noise at Work Regulations 1989 to reduce the risk of damage to employees' hearing. At the first action level (currently 85dB(A)) there are responsibilities for employers including informing their staff about potential risk to hearing and making hearing protection available. At the second action level (currently 90dB(A)) employers must ensure that hearing protection is worn, reduce noise levels by means other than providing ear protection and identifying ear protection zones.

A new EU Directive (992/0449A/COD) came into force in February 2003. As an EU member state, the UK must transpose the Directive into national Noise at Work legislation by 2006, and the Health and Safety Executive (HSE) has responsibility for doing this. The changes will revoke the Noise at Work Regulations 1989 and introduce new requirements. As a result, the action levels will be lowered and more UK workers will be protected than ever before. Visit the HSE website [www.hse.gov.uk](http://www.hse.gov.uk) for more information.

## Average noise levels

20dB(A) Whisper

50dB(A) Normal conversation

70dB(A) City street

90dB(A) Underground railway

100dB(A) Pneumatic drill (10ft away)

120dB(A) Jet aircraft taking off

# contact details

## For more information

Visit [www.dontlosethemusic.com](http://www.dontlosethemusic.com) or the campaign pages on [www.rnid.org.uk](http://www.rnid.org.uk).

## For specific Don't Lose the Music campaign enquiries:

Telephone 020 7296 8142  
Textphone 020 7296 8142  
[dontlosethemusic@rnid.org.uk](mailto:dontlosethemusic@rnid.org.uk)

## For Don't Lose the Music media enquiries:

Telephone 020 7296 8137  
Textphone 020 7296 8137  
[mediarelations@rnid.org.uk](mailto:mediarelations@rnid.org.uk)

## RNID

19-23 Featherstone Street  
London EC1Y 8SL  
Telephone 0808 808 0123  
Textphone 0808 808 9000  
Fax 020 7296 8199  
[informationline@rnid.org.uk](mailto:informationline@rnid.org.uk)  
[www.rnid.org.uk](http://www.rnid.org.uk)

RNID's vision is of a world where deafness and hearing loss are not barriers to opportunity and fulfilment.

RNID is the largest charity representing the 9 million deaf and hard of hearing people in the UK. As a membership charity, we aim to achieve a radically better quality of life for deaf and hard of hearing people. We do this by campaigning and lobbying vigorously, by raising awareness of deafness and hearing loss, by providing services and through social, medical and technical research.

## Acknowledgements

This report draws on and takes forward the 1999 RNID publication about hearing protection, 'Safer Sound' by RNID and Dr Deepak Prasher from the Institute of Laryngology and Otology, University College London.



## How to avoid a noise hangover: Sound advice for clubs and clubbers

Lisa McDonald  
RNID Campaigns Officer, UK

Changing the world for deaf  
and hard of hearing people



### About RNID



- the largest charity working to change the world of deaf and hard of hearing people in the UK
- established in 1911
- Key areas of work: campaigning and lobbying, training, information, products and equipment, social/medial and technical research



## A bit of background on deafness

- Europe: 82 million adults have a hearing loss, 30 million adults have a slight hearing loss
- The most common types of deafness (from ageing or noise) involve permanent inner-ear damage
- Acquired deafness:
  - age is the major cause (more than half of the over-60s have some loss of hearing)
  - but noise is the biggest *preventable* cause

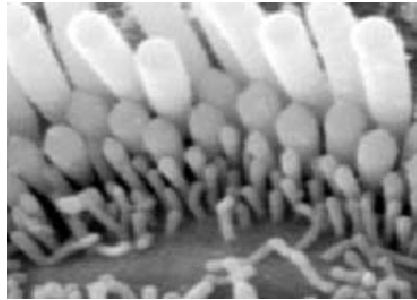


## Why hearing is damaged by noise



## How hearing is damaged by noise

- Damage to sensory receptors (cochlear 'hair cells') in the inner ear
- 15,500 sensory hair cells in the human cochlea



## Hearing and loud music - 1



- Dangerous noise levels don't always equate to being unpleasurable
- Damage depends on the level of noise energy reaching the ears
- Individual susceptibility
- Hearing loss similar in each ear
- How loud and how long



## Hearing and loud music - 2

- Hearing will get worse if the noise exposure continues
- Adds to age related hearing loss and accelerates it's disabling effects (same part of the ear is affected)
- So may seem to 'get away with it' for now
- But some years later...the effect on life will be in your ability to communicate with others, in your social life, your working life, and your overall quality of life



## That's in the future – will I notice anything now?



Loud music can cause temporary or permanent changes in your hearing:

- Ringing in the ears or dull hearing
- Tinnitus
- Hyperacusis



## The effect on people's lives – Larry (33)

“It makes communication very difficult as I constantly have to ask a person to repeat themselves which is very frustrating” says Larry.

“Having a constant fuzzy buzzing noise in my head has become very difficult to live with, the fear of going completely deaf and never DJing or listening to music again is causing me great depression.”



## The effect on people's lives – Billy (27)

“My ears would be ringing 5 nights a week after finishing work, but after about an hour that would stop. It's only now that I realise what was going on because it was quite a gradual thing.”



## How do you know if you are at risk?



- Rule of thumb – 2m
- Warning signs – ringing, dullness, pain
- Legislation – protects people at risk!



## 'Noise' in nightclubs



- Experts agree exposure to noise levels at or above 85 decibels over time can cause hearing damage
- Usual nightclub noise levels: 90 – 105 dB(A)
- Ringing in your ears or dull hearing after a night out are warning signs
- Affects owners, employees and the public



## Noise at Work Regulations - 1

- Directive: 2003/10/EC of The European Parliament and of The Council (6 Feb 2003)
- Repeals EC Noise Directive 86/188/ECC
- Sets out minimum H&S requirements regarding exposure of workers to noise
- Each EU country has transposed the Directive into their own law
- UK – ‘Control of Noise at Work Regulations 2005’ – came into force 6 April 2006
- Nightclubs have a 2 year derogation – but have to comply with old regulations in meantime



## Noise at Work Regulations - 2

The Regulations place a duty on employers to protect employees from exposure to noise while at work, and set exposure limits and action levels. So nightclubs must:

- Identify if they have a problem
- Undertake a noise assessment if they think they do
- Control/reduce/eliminate the noise
- Provide hearing protection (last resort)
- Provide information and training to employees
- Provide health surveillance (hearing checks) for employees at risk



## EU Directive Action levels

### 1<sup>st</sup> action level: 80dB (daily or weekly average exposure)

- Nightclubs must assess risk to workers' health and provide employees with information and training

### 2<sup>nd</sup> action level: 85dB (daily or weekly average exposure)

- Nightclubs must provide hearing protection, set out hearing protection zones, give hearing checks to employees regularly exposed above 85dB

### Upper exposure limit (can't be exceeded)

- Daily or weekly exposure limit is 87 dB(A)
- Peak sound pressure is 140 dB



## What else should EU nightclubs be doing?

- Comply with the EU Directive as per their specific country legislation
- Look for solutions by investigating:
  - premises design
  - alternative layouts
  - use of electronic controllers, limiters, duckers
  - appropriate hearing protection for different types of staff
  - staff rotation/training solutions



## What should EU nightclubs be doing – RNID recommendations

- provide chill out space where noise levels don't exceed 80dB(A)
- publish noise levels for the dance floor, the bar and the chill out area, where they can be seen by staff and the public, and display consumer-friendly signs advising about hearing protection
- make earplugs available for clubbers (for free or to buy)



## What should nightclub employees be doing?

- **Co-operating:** help your employer to do what is needed to protect your hearing. Use noise control devices (eg noise enclosures) and follow any working methods put in place
- **Wear hearing protection that you are given:** You should be trained how to use it, make sure you wear it all the time in noisy areas.
- **Look after your hearing protection:** Your employer should tell you how to look after it and where to get it from.
- **Report any problems:** Let your employer/safety representative know if you have any hearing problems, or problems with your hearing protection.



## What should the public do?

LOOK AFTER YOUR EARS NOW  
ENJOY MUSIC FOREVER



WWW.  
DONTLOSE  
THE MUSIC  
.COM

### Going to a club (or gig)?

- Use chill out areas to give your ears a rest.
- Avoid dancing or standing beside loud speakers.
- Wear specially designed earplugs if you go clubbing regularly.



WWW.  
DONTLOSE  
THE MUSIC  
.COM

RNID • )))

## Earplugs



WWW.  
DONTLOSE  
THE MUSIC  
.COM

RNID • )))

## Useful contacts

### Europe

- [hear-it.org](http://hear-it.org) (English, Spanish, German, French)
- [europa.eu](http://europa.eu) (most European languages)
- [eurotinnitus.com](http://eurotinnitus.com) (English, German, French)
- [efhoh.org](http://efhoh.org)

### UK

- [rnid.org.uk](http://rnid.org.uk)
- [dontlosethemusic.com](http://dontlosethemusic.com)

[lisa.mcdonald@rnid.org.uk](mailto:lisa.mcdonald@rnid.org.uk)

