

[YOUR LOGO]



Take care of your hearing

Sometimes we don't notice hearing loss until it starts to impact our lifestyle. Many common causes of hearing loss can be prevented, including hearing loss caused by exposure to loud sounds. World Hearing Day 3 March is a timely reminder to empower yourself and take action by having your hearing checked.

Hearing loss will impact different people in many different ways, so it's important to take action early.

Did you know that more than 1 billion young people (12-35 years old) are at risk for hearing loss due to recreational exposure to loud sound¹?

People of all ages should follow safe listening practices to help prevent hearing loss. Here are a few tips from the World Health Organisation on what you can do to protect you and your family's hearing:

- ✓ Keep the volume down on your devices, by staying within the 80 dB limit as far as possible for no longer than 40 hours per week.
- ✓ Wear earplugs when visiting loud entertainment venues, arenas hosting sporting events and concerts, and other noisy places.
- ✓ Use noise-cancelling earphones/headphones, as these can reduce the need to raise the volume when you are in a noisy environment, such as when travelling on a train or bus.
- ✓ Monitor and respect safe listening levels, and stay within your daily sound allowance.
- ✓ Limit the daily use of your personal audio devices.
- ✓ Limit time spent engaged in activities in noisy places by taking listening breaks (go to a quiet place or corner and allow your ears to rest).
- ✓ Move away from loud sounds by keeping a distance between yourself and the sound source such as speakers.
- ✓ Get regular hearing check-ups.

Our qualified team of hearing care professionals at <clinic name> are here to support you and your family's hearing journey. We offer a range of hearing care services including hearing assessment, hearing aid fitting and ongoing hearing aid maintenance.

We encourage you to be proactive on your hearing health and take action by booking in a hearing assessment.

For the month of March, we are offering all our customers, their friends and family an obligation-free hearing test (valued at \$XX).

**Book your free hearing test today by calling us on
99 9999 9999**

[YOUR BUSINESS DETAILS HERE]