

# Don't let fireworks deafen you

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(HealthDay)—Fireworks are a beautiful sight to behold, but they can damage your hearing if you're not careful.

Protecting your [hearing](#) should be one of the [safety precautions](#) you take when you and your family are at fireworks displays and other events on the Fourth of July, the American Speech-Language-Hearing Association (ASHA) says.

Fireworks and firecrackers can be as loud as 150 decibels, which is louder than a jackhammer or jet plane take-off. Noise levels of around 75 to 80 decibels are considered safe.

The louder the noise, the quicker hearing damage occurs, according to the ASHA.

Noise-induced [hearing loss](#) is completely preventable, but is irreversible once it occurs, the association warned in a news release.

The ASHA offered the following Independence Day hearing safety tips.

**Use hearing protection.** Basic earplugs can be picked up at drug stores and provide hearing protection for most teens and adults. For children, well-fitting earmuffs over earplugs are typically a good idea.

**Keep your distance.** Stay at least 500 feet from loud noise sources such as speakers, a stage, or fireworks launch sites. The closer you are, the greater the risk to your hearing.

**Plan your exit strategy.** If you develop ringing in your [ears](#) or any other ear discomfort, you should leave the event.

If you continue to have pain or ringing in the ears, or have difficulty hearing, see an audiologist for a hearing evaluation, the ASHA advised.

**More information:** The U.S. National Institute on Deafness and Other Communication Disorders has more on [noise-induced hearing loss](#).

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