



## Somerset Mobile Advisory Service

- Hearing aid maintenance clinics
- Equipment demonstrations
- Advice and information through our advice surgeries on the following dates and locations through November.

**We are currently operating the drop-in sessions on an appointment only basis. To make an appointment please call Stewart on 07762 848226 or email [stewart.weston@deafplus.org](mailto:stewart.weston@deafplus.org)**

3 <sup>rd</sup> Nov	10.30am-12pm	Cheddar Car Park Station Road BS27 3DT
9 <sup>th</sup> Nov	12.30am-2pm	Wincanton Balsam Centre, Balsam Park BA9 9PA
10 <sup>th</sup> Nov	10am-12pm	Bridgwater Hilda Coles House
10 <sup>th</sup> Nov	12.30pm-2pm	Bridgwater Mount Street, Car Park
22 <sup>nd</sup> Nov	10am-11.30am	Yeovil Petter's Way Car Park BA20 1UN
24 <sup>th</sup> Nov	2.00pm-3.00pm	Langport Ashley House, The Avenue TA10 9SA

For further information you can contact Stewart or follow us on Facebook Deafplus Somerset

## Somerset Lip Reading classes

Limited vacancies at the following venues.

Monday 10.30am-12.30pm, Grace Church, Landmark House Glastonbury, BA6 9FR.

Tuesday 10am-12pm The Bennett Centre, Vicarage Street, Frome BA11 1 PX.

Tuesday 2.30pm-4.15pm Market House, Market Place, Castle Cary. BA7 7AH

Wednesday's 10am -12pm Ile Youth & Community Centre Ilminster TA19 0AP

Wednesday's 1.30pm-3.30pm The Meeting Room Langport Town Hall, TA10 9PR

Thursday's 10am-12pm The BAY Centre Cassis Close, Burnham-on-Sea, TA8 1NN

Thursday's 1.30pm-3.30pm Hembury Room, Westfield Church, Bridgwater TA6 7EU

Thursday's 10am-12pm Victoria Hall Yeovil Day Centre South Street Yeovil BA20 1QE

**Subtitles.** Channel 4 have announced that their subtitling issues have partly resolved. This means that most shows should now be available with subtitles on normal TV. This partial fix comes as a relief, their last statement which said the problems could continue until end of November. Channel 4 needs to rebuild trust with the deaf community, by prioritising accessibility in the future. We will also continue pushing to see

the return of full access services, including signing, as quickly as possible.

**Protect your hearing** Loud noise is one of the biggest causes of permanent hearing loss and tinnitus (noise in your ears or head). Find out how and why you should protect your ears from loud noise.

**How loud is too loud?** It can be hard to tell how loud sounds are. Here is a guide to understanding how loud is too loud, so you know when to use hearing protection.

Noise is measured using the decibel (dB) scale, which reflects the sensitivity of human ears to various levels and frequencies of sound. Examples:

- 0dB – the quietest sound a healthy human ear can hear
- 40dB – a quiet library
- 60dB – ordinary spoken conversation
- 85dB – a food blender
- 88dB – heavy traffic
- 91dB – a pneumatic drill
- 97dB – an industrial fire alarm
- 100dB – a nightclub
- 110dB – a live gig or concert
- 130dB – aeroplane taking off

140dB is the level at which noise causes pain for most people, although some people may find lower levels painful too.

**Dangerous decibel levels** 85dB is the threshold level at which your hearing can become damaged over time. Sounds under 85dB are safe to listen to – you do not need to use any hearing protection. But if you work in a noisy environment and the sound levels reach 80dB, your employer should assess the risk to your hearing and give you information about this.

**How long you are exposed to noise matters** the length of time you can ‘safely’ be exposed to sound over 85dB without needing to use hearing protection depends on how loud it is.

Sound intensity (the energy the sound wave carries) doubles with every increase of 3dB. So even though, for example, the sound of heavy traffic does not sound twice as loud as a food blender, it is twice as intense.

The safe exposure time for 85dB is up to eight hours a day. Remember that you are exposed to lots of different sounds that are 85dB or over throughout the day, and this exposure time adds up. As sound intensity doubles with every increase of 3dB, the safe exposure time halves. So, for example, the safe exposure time for 88dB is four hours.

You are at risk of hearing damage after just 15 minutes when you are in an average nightclub, which plays music at 100dB, if you do not use earplugs to protect your ears. For sounds of 110–120dB, even a short exposure time can cause hearing damage.

**How to tell if noise is too loud** It can be hard to tell how loud sounds are, but if you cannot talk to someone who is about 2m (6ft) away without shouting because of background noise, it is likely that noise levels are dangerously high. There are decibel reader apps that are available to download onto your smartphone or tablet, but these should only be used as a guide and are not designed for professional use.

You may be exposed to noise that is dangerously loud if you go to music events, listen to music through headphones, shoot for sport, ride a motorbike, or use power tools. If you find you cannot hear properly or have ringing in your ears for a few hours afterwards, it is a sign you have been exposed to noise that is loud enough to damage your ears and you may have developed a slight and permanent hearing loss. If you keep exposing yourself to loud noise, this damage will become more noticeable and permanent over time. **Remember**, the louder the noise is and the longer you are exposed to it, the higher the risk to your hearing. You can protect your hearing by lowering the



volume of music, reducing the time you are exposed to loud noise, and using earplugs or ear defenders in noisy environments.

