

Continued...

Older Children who play a musical instrument, participate in a music band, or those who spend time with adults working in a high noise environment, such as around a noisy engine or in a woodworking workshop, **are at risk for noise induced hearing loss.**

How To Protect Your Child's Hearing From Noise Damage

Teach your children about potential damage to their ears from noisy toys and noisy activities.

- Teach them to hold noisy toys away from their own and their playmate's ears.
- Encourage them to turn down the volume of their walkman, and other instruments.
- Consider buying them a pair of musician's earplugs if they participate in a loud music band.
- Ask them to wear earmuffs if they spend time in a loud noise environment.
- Limit their playtime with noisy toys, or substitute these toys with quiet toys and games (such as educational toys, books, puzzles, card games, low volume computer games, etc.)

Some Warning Signs of Noise Damage to Ears

- ❖ If your child complains that speech sounds muffled.
- ❖ Ringing or buzzing noise in ears or in head following exposure to loud sounds. (Nature's way of telling us our ears hurt.)

RULE OF THUMB

If you have to raise your voice above the noise level to be heard, the noise is too high and hearing protection is needed.

**REMEMBER
YOUR CHILD WILL NEED
HIS/HER HEARING FOR A
LIFETIME.**

PLEASE PROTECT IT!

Nova Scotia Hearing and Speech Centres

Please contact our Provincial Centre or visit our Website (www.nshsc.ns.ca) for a location nearest you.

NSHSC
Provincial Centre
5657 Spring Garden Road
4th Floor Park Lane Terraces
Suite 401
Halifax, NS B3J 3R4
423-7357

INFORMATION FOR PARENTS AND CAREGIVERS ON NOISY TOYS



*Every person deserves a voice.
Every voice deserves to be heard.*



**We Want Your Child
Listening for a
Lifetime.**

**Visit our Website
[Www.nshsc.ns.ca](http://www.nshsc.ns.ca)**

Sound and Noise Facts

- ❖ The intensity of sounds is measured in decibels. Decibels (dB) are a measure of how much pressure sound exerts on a surface.
- ❖ dBA is the decibel measurement scale usually used to measure sound to which people are exposed.
- ❖ Some examples of the intensity of sounds in our every day environment are: Rustling Leaves: 20dB; Whisper: 30db; Average Conversation: 60 dB; Traffic Noise: 80 dB; Rock Music Band: 110 dB; Power Saw: 110 dB; Shotgun Firing: 130 dB.
- ❖ It is important to realize that every time sound gets just 3 decibels more intense, it doubles the amount of pressure hitting the eardrum.
- ❖ The allowable exposure limit for an 85 dBA sound is 8 hours, and for each additional 3 dB the allowable time is reduce by half.
- ❖ All high intensity sounds (loud music, noisy toys, etc.) can cause permanent damage to the delicate hair cells in the ear.
- ❖ The shorter the distance between a noise source and the ear, the higher the pressure exerted on the eardrum by the noise.
- ❖ The longer the exposure time to an intense noise, the higher the likelihood of noise induced damage to the ear.
- ❖ An intense noise of a few seconds duration, such as that of a toy pistol cap (possibly at 153 dBA) damages the ear permanently.

Some Government Regulations on Noise Safety and Hearing Regulations

- ❖ Based on the Nova Scotia Department of Labour Guidelines, an 80 dBA sound level is the maximum safe level allowed for a 24 hour exposure. To prevent damage to one's hearing, for sounds above the 80 dB level, each time a sound intensity is increased by 3 dB, exposure time should be reduced by half. Some examples of maximum allowable exposure limits during a 24 hour period are: 15 minutes for a 100 dBA noise, and only 1 minute and 53 seconds for a 109 dBA noise.
- ❖ In Canada, toys that emit noise (except those producing noise of an explosive nature) are governed by the Hazardous Products Act and enforced by the Product Safety Bureau of the Environment Health Directorate of Health Canada. Under these regulations, any toy that emits sound exceeding 100 decibels, measured at the distance it would ordinarily be from the ear of the child using it, are **Banned**.
- ❖ Toys that produce noise of an explosive nature, such *fire crackers* and *toy pistol caps* are regulated by the Explosives Division of Energy, Mines and Resources Canada. These devices emit much higher noise levels. (153 dBA for some toy pistols.)

Noisy Toys, Noise Exposure, and Children:

- ❖ Despite the **government ban on toys emitting noise above 100 dBA**, a variety of toys are available on the market which emit sounds considerably above the safe level, **if they are activated near a child's ear**.
- ❖ Many children play with their noisy toys for several hours each day, and this can potentially cause damage to their ears.

Examples of noise emitted from some toys (peak noise) measured at the Nova Scotia Hearing and Speech Centres:

Type of Toy dBA Noise Measured from the Toy at a 1 Inch Distance

- ❖ Toy Cap Gun 105 - 110
- ❖ Toy Whistle 106
- ❖ Rattle 102
- ❖ Toy Drum 103
- ❖ Keyboard 104
- ❖ Toy CD Player 103
- ❖ Toy Police Car 96

Please note that these measurements are provided as a guide and not all toys that emit sound are this loud.

