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Press Release

## **‘LOVE YOUR EARS’ SAYS RNID AFTER TESTS SHOW STUDENTS COULD BE DAMAGING THEIR HEARING**

**Students at Cambridge Regional College have been discovering just how much damage they could be doing to their hearing by listening to personal music players – thanks to the RNID.**

In visit to the College, RNID Senior Campaigner Andy Glyde used a special ‘head’ device to check the sound levels of music coming through students’ headphones – and found most of them were listening at a volume that could harm their hearing.



Andy Glyde from the RNID tests the noise levels on students' mp3 players.

During the workshop, organised as part of the College's Safeguarding Month, he tested dozens of students' mp3 players using a red, amber and green system. Worryingly, most students' mp3 players were being played at a dangerous level.

"Personal music players can be turned up very loud – people don't realise quite how loud," said Andy. "If you are listening to music through headphones, then your hearing is at risk.

"There are some really easy ways to protect your hearing: making sure you take regular breaks will help, and investing in some noise-cancelling or sound-isolating headphones will mean that you won't need to have the music as loud. And if you can turn it down a notch, it will make a big difference."

Andy said students could safeguard their hearing at gigs by wearing special earplugs, keeping away from loudspeakers and using chill-out areas to give their ears a rest.

"Ringing in your ears is a warning sign that you could be damaging your hearing," he said. "Ninety per cent of young people have experienced temporary tinnitus after listening to loud music so it is important that you love your ears."

Lisa Pollitt, CRC's Safeguarding Co-ordinator who organised the RNID visit, said students had been shocked to discover they could be damaging their hearing.

"Most of them just hadn't realised the dangers of listening to their mp3 players with the sound turned up too high," she said. "The RNID 'head' showed exactly what level they were listening at, so the message certainly got through."

**- ends -**

#### **MEDIA ENQUIRIES:**

For more information, please contact Lynn O'Shea, Communications & PR Manager, on 01223 418773 or email [loshea@camre.ac.uk](mailto:loshea@camre.ac.uk)

## **NOTES TO EDITORS**

Cambridge Regional College is the second largest provider of full-time education for 16 to 19 year-olds in the eastern region. The College has more than 4,000 full-time and 6,000 part-time students. Students come in from a 40-mile radius, covering Cambridge and its surrounding villages, eastern Bedfordshire, northern Essex and western Suffolk.

Over 80 per cent of full-time students are aged 16 to 18 years old and come to the College after secondary school; the rest are mature students, studying on a range of Access to Higher Education and vocational programmes. The College offers the largest and most comprehensive range of vocational courses in Cambridgeshire, and has one of the largest work-based learning contracts in the Eastern Region.