

An overview of WHO and ITU work on safe listening



*DR SHELLY CHADHA
Prevention of Blindness and Deafness,
World Health Organization, Geneva*



Reducing hearing loss through safe listening

Shelly Chadha, WHO



Make Listening Safe



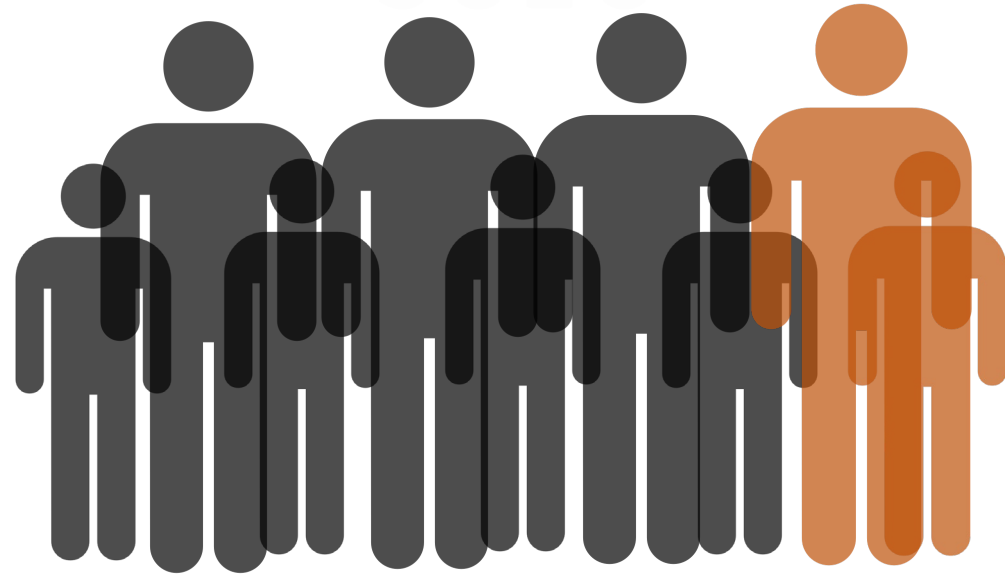
World Health
Organization



HEARING LOSS SIMULATOR

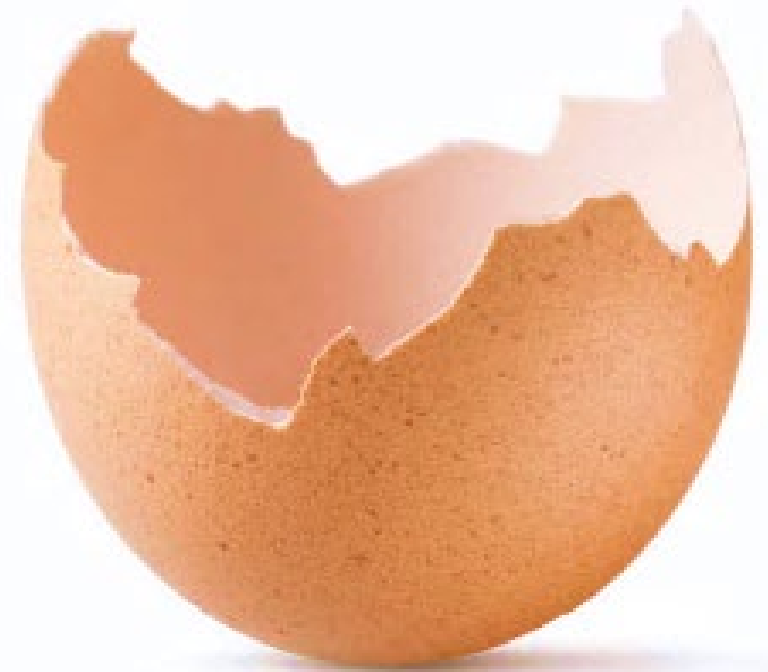


2050



Hearing loss is commoner than
you think.....

Over
1 billion



*Once you lose your hearing,
it won't come back!*

A collaborative initiative
to reduce the risk of and
prevent avoidable
hearing loss that is
caused by unsafe
listening



Make Listening Safe



Approach

**Awareness
&
Advocacy**

**Change
listening
behaviours
among
youth**

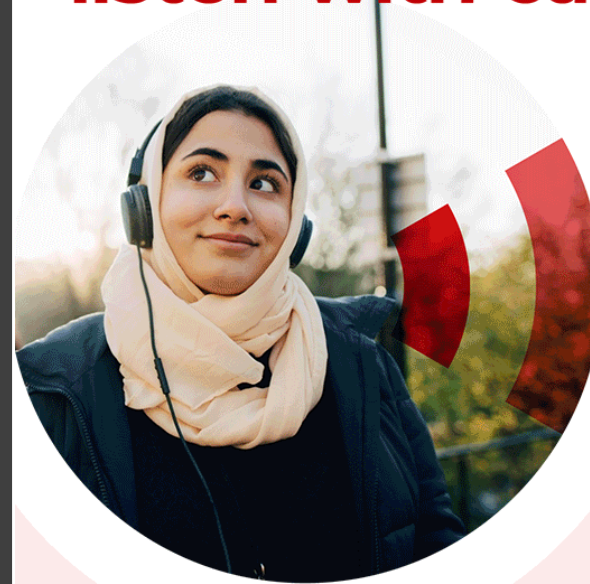
**Standards
and norms**

Governments

World Hearing Day | 3 March 2022



To hear for life, listen with care!



**Hearing loss due to loud
sounds can be prevented**

#worldhearingday



Make Listening Safe

Media



**Media brief on
#safelistening**



Make Listening Safe

Adolescents and young adults



A handbook on how to implement mSafeListening

**BE HE@LTHY
BE MOBILE**



World Health
Organization

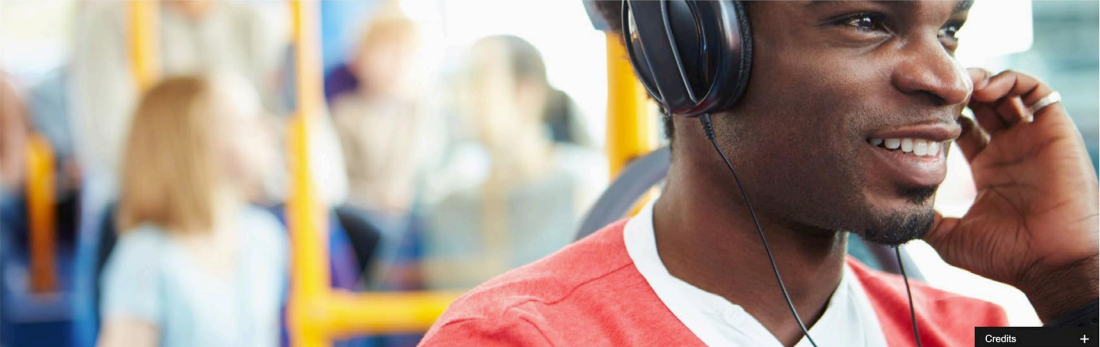


Make Listening Safe



Communication

Home / News / New WHO-ITU standard aims to prevent hearing loss among 1.1 billion young people




New WHO-ITU standard aims to prevent hearing loss among 1.1 billion young people

12 February 2019 | News release | Geneva | Reading time: 2 min (528 words)

Nearly 50% of people aged 12-35 years – or 1.1 billion young people – are at risk of hearing loss due to prolonged and excessive exposure to loud sounds, including music they listen to through personal audio devices. Ahead of World Hearing Day (3 March), the World Health Organization (WHO) and the International Telecommunication Union (ITU) have issued a new international standard for the manufacture and use of these devices, which include smartphones and audio players, to make them safer for listening.

Media Contacts

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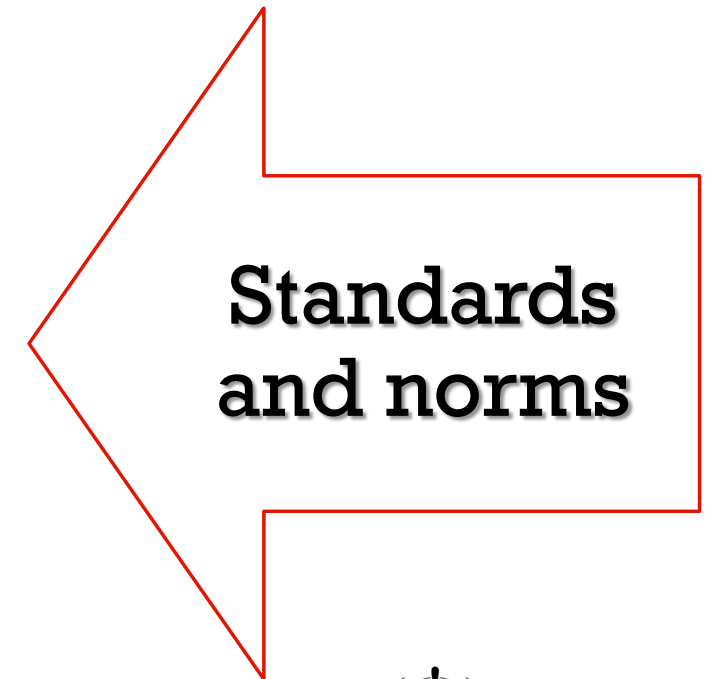
World Health Organization



Approach

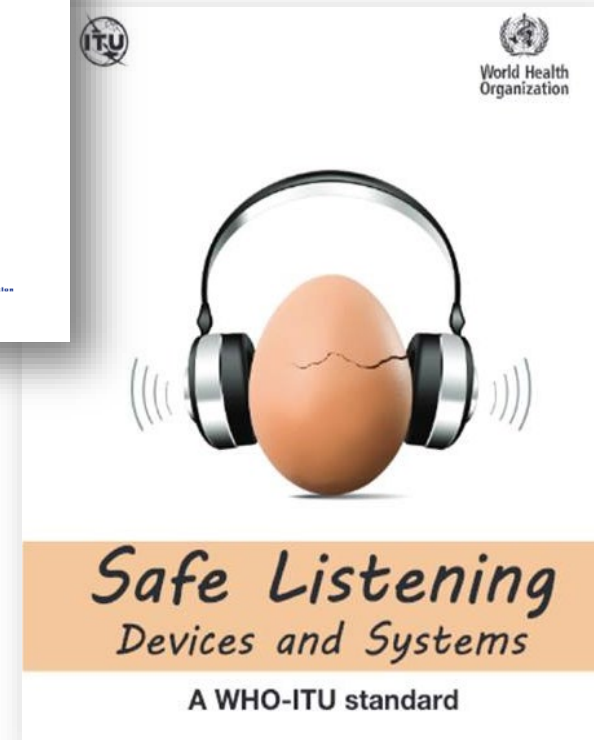


**Change
listening
behaviours
among
youth**



WHO-ITU global standard for safe listening devices

<https://www.itu.int/rec/T-REC-H.870-201808-I/en>
<https://www.who.int/publications/i/item/safe-listening-devices-and-systems-a-who-itu-standard>





Applicable to all personal audio devices and systems*: key features

Monitor and display

- Volume levels (in dB)
- Time spent listening
- Use of sound allowance

Offer volume limiting options

- Automatic volume reduction
- Password-protected volume control

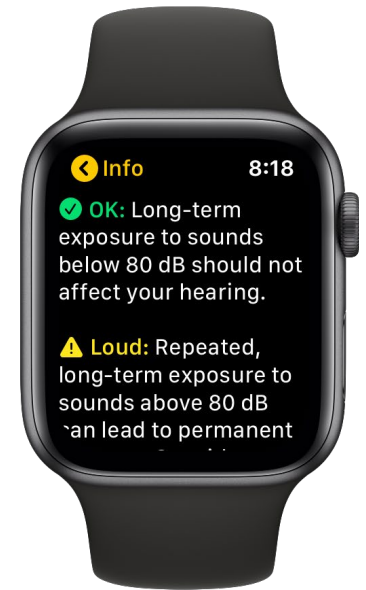
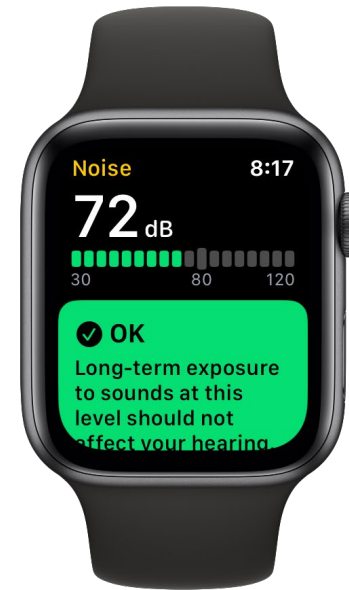
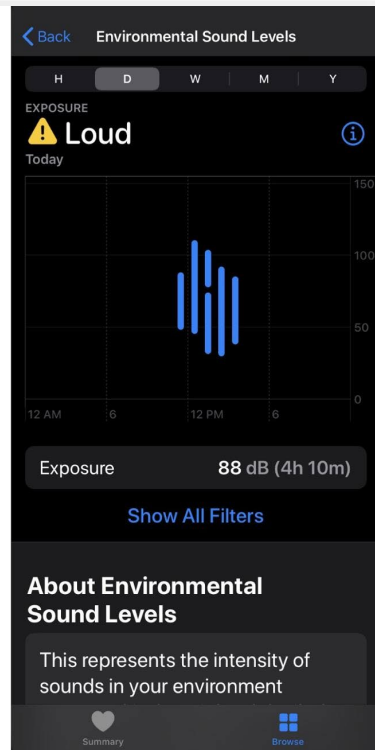
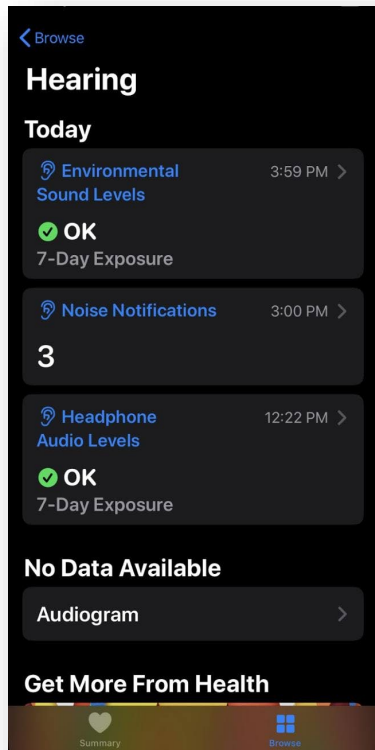
Inform

- Regarding personal sound use
- Give personalized warnings, messages and cues for action

*Excludes gaming consoles



Monitor, display, inform, enable



Conformance testing and certification

https://www.itu.int/dms_pub/itu-t/opb/tut/T-TUT-EHT-2021-CONFH870-PDF-E.pdf

International Telecommunication Union

ITU-T

TELECOMMUNICATION
STANDARDIZATION SECTOR
OF ITU

Technical Paper

(30 April 2021)

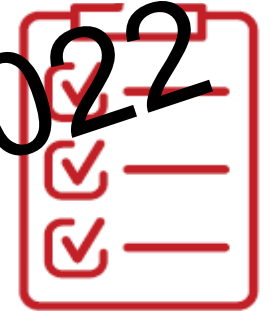
HSTP.CONF-H870

**Testing of personal audio systems for
compliance with ITU-T H.870 (2018)**



ITU-T

Global standard for safe listening entertainment venues and events



Limiting
sound level

Monitoring
sound
levels

Optimizing
venue
acoustics
and sound
systems

Making
personal
hearing
protection
available

Access to
quiet
spaces

Provision
of training
and
information

COMING SOON: 3 MARCH 2022

WHO-ITU

Safe listening

- Through personal audio devices/systems
- At entertainment venues and events
- In *video gaming and esports*
- In *automobile/car audio systems*



A wooden boardwalk made of light-colored planks leads from the foreground into the distance, flanked by tall, dark grass. The sky is a mix of grey and orange, suggesting a sunset or sunrise. The text is overlaid on the boardwalk.

TODAY IS
THE FIRST DAY
OF A

BRAND NEW JOURNEY

*“People of all ages
can enjoy listening
with full protection of
their hearing and
without putting their
hearing at risk.”*



Make Listening Safe