

Soundbite script – What’s all that noise about?

Chris Workman, audiologist, OSF HealthCare

“It stirs some emotion. It gets you pumped up. It gets you if you're working out, you might crank some music. Some folks will listen to music for other emotions. Maybe they're feeling a different way, and cranking a song will bring them out of that depression or whatever they're going through.” (:32)

Chris Workman, audiologist, OSF HealthCare

“Most of our kids are walking around with headphones in their ears. Athletes are walking around with headphones in their ears. They're listening to something multiple hours a day, some of which is at loud levels, which, over time, is going to do some damage to their hearing.” (:19)

Chris Workman, audiologist, OSF HealthCare

“I'm all for listening to some loud music. I like it myself, but I know to do it in short durations, crank a couple songs, turn it down, or take them off. Give your ears a break. That way you're letting those hairs in the inner ear come back and protect them from any permanent damage.” (:21)

Chris Workman, audiologist, OSF HealthCare

“Encourage them to wear hearing protection around loud noise. If they're going to a concert don't sit up front. Back away a little bit. If you do sit close, wear some hearing protection. You can get an inexpensive pair online for \$20. That will help make the music sound normal at a reduced level.” (:25)

Chris Workman, audiologist, OSF HealthCare

“A lot of us feel invincible at that age, so we tend not to take that message to heart. Hopefully they understand the potential damage they could do.” (:12)