



Wear ear-plugs
at concerts.

Use smartphone
apps to measure
the level of
background noise.



Avoid long periods of
exposure to noise and
give your ears a break
between concerts.



SAFE & SOUND | ENJOY FESTIVAL SEASON

Partying with friends, soaking up the sun, and listening to great bands make festivals an unforgettable experience. Yet festivals put exceptional strain on our ears too: a weekend packed with concerts and loud music can damage our sense of hearing, and even lead to permanent hearing loss.



Always remember to drink plenty of water. This improves the circulation of blood to the hair cells in the cochlea, which helps your hearing to function properly.

Do not stand too close to
the stage or loudspeakers



After the festival, give your ears
plenty of time to rest – at least 10 hours.



If, in spite of these precautions,
you experience a lingering ringing
sound in your ears after the festival,
seek medical advice immediately

