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Para: 'mlsworkstream@gmail.com'
Assunto: 1st Make Listening Safe Workstream Newsletter 2

NEWSLETTER

AGO
2024

1st
EDITION



THE
MAKE LISTENING SAFE
WORKSTREAM



Dear Make Listening Safe Members,

It is with great pleasure that we present our **1st Make Listening Safe Workstream Newsletter**.

To combat the risks of hearing damage due to unsafe listening habits, WHO created the Make Listening Safe initiative in 2015, which aims to realize a world where people of all ages can enjoy recreational listening without risk to their hearing.

To achieve this great objective, the World Hearing Forum has 5 workstreams that together work to promote quality Ear and Hearing Care for all. They are: Make Listening Safe, World Hearing Day, External Relations, Membership Engagement and Changemakers.

The main purpose of the Make Listening Safe Workstream is to “Create a world where nobody’s hearing is put in danger due to unsafe listening”. To achieve this, it has 4 objectives, 9 subgroups and 15 coordinators.

This space was created so that everyone can share their actions with all members in one place. We would like to highlight activities and advocacy actions that you are participating in. We believe that by sharing knowledge, initiatives in this way, will add to the dynamics of our workstream.

We are currently 139 active members, and we hope that together we can reach 6 continents around the world to not only raise awareness about hearing loss, but through awareness, change people’s behavior for #safelistening.

We want you to join us in this journey. Shall we go together?

Let’s go!



Calendar WORKSTREAM

SAVE THE DATE!



19 september | 17:00 - 18:00

WHO Session Make Listening Safe

Shelly Chadha, Marieke Pronk, Andreas Thulin and Mark Laureyns

[Details](#)

20 september | 14:30 - 15:30

Noise Exposure - Free Paper

Innovations towards preserving the hearing of musicians
Katya Freire

[Details](#)



**MLS Coordinators
meeting**

Wednesday Sept 25th 14h30 – 16h CEST Time

Tuesday Nov 8th 14h30 – 16h CET Time



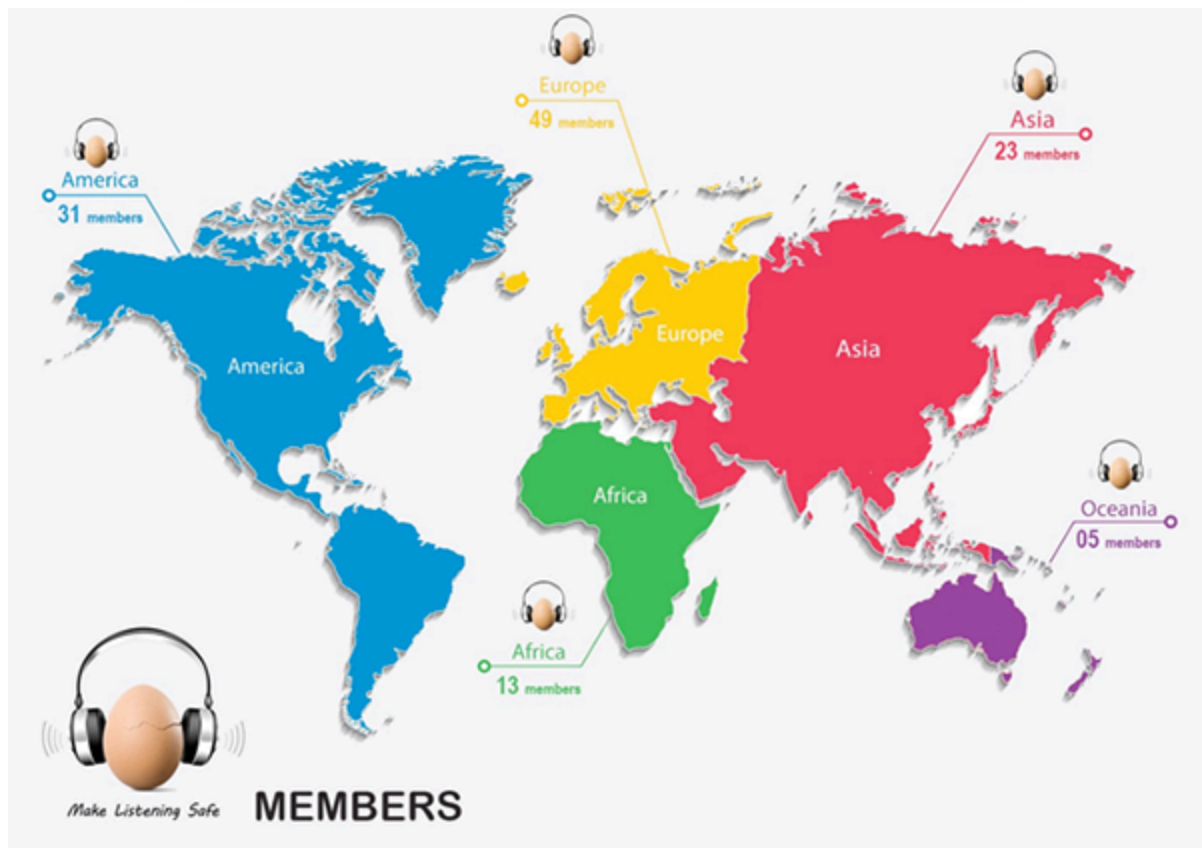
**MLS Full Group
(for everyone)**

October 9th - 14h30 – 16h CET Time

Explaining Make Listening Safe Workstream

4 objectives,
9 subgroups
15 coordinators

139 MLS members



OBJECTIVES:

Create a world where nobody's hearing is put in danger due to unsafe listening



4 OBJECTIVES



9 SUBGROUPS / COORDINATORS

1

Young ambassadors
and school programs



Teresa Amat



Nashrah Maamor

2

Promoting safe listening at events to young people



Ricky Kej



Michael Santucci



Katya Freire

3

Digital promotion of safe listening

Wikipedia



Thais

UK Campaign



Stephen Wheatley

LinkedIn



Mark Laureyns



Devangi



Aderinola

Novel ways



Katya Freire

4

MLS for Gaming and Esports



Stephen Wheatley

5

Convince Smartphone Manufacturers



5.1

Convince "Smart Headphone" Manufacturers



Lidia Best



Stephen Wheatley

5.2

Align standards



Masahito Kawamori



Mark Laureyns

6

Advocacy for Make Listening Safe Regulations



Amarilis Melendez



Lidia Best

Create "Make Listening Safe" sessions at conferences and large events



Training sessions on "advocating for #safelistening"



7

Promote WHO_ITU global standard for safe listening to Sound Engineers, Musicians ... etc



Michael Santucci



Katya Freire



Ricky Kej

8

"Unesco Week of Sound" & Exhibition on "Sound" in Paris



Christian Hugonnet

9

**#safelistening
venues:**
how to create,
monitor and
maintain them



Lidia Best



Masahito Kawamori



Rob Shephard

Activities, with our members and with the WHO team

Mark Laureyns  Belgium



On the 29th of May, we had the pleasure to present the Make Listening Safe Initiative and the Make Listening Workstream, together with Carolina Der, at the 4th International Conference on Audio and Music Induced Hearing Disorders, organised by the Audio Engineering Society (AES) in Copenhagen. More than 40 sound engineers participated and the AES president, Mrs Leslie Gaston-Bird, showed great interest in the WHO Make Listening Safe Initiative.



At the second day of the AES Conference, the HELA (Healthy Ears Limited Annoyance) project was presented. The project will create training sessions, on the creation and certification of safe listening venues and events. Since this is fully in line with the 9th focus group of our Make Listening Safe Workstream on how to create, monitor and maintain #safelistening venues, we are happy to announce that Rob Shephard, one of our Make Listening Safe members, and audiologist in charge of promoting and guiding the Night Time Industries Association on #safelistening.



Christian Hugonnet, our French Make Listening Safe Changemaker, who is the driving force behind the UNESCO week of sound, organised the “Price for the best sound design” at the Cannes Film Festival in May 2024. The film “Armand” by Halfdan Ullmann Tøndel, was the winner of this special price.



Audiologists Coming Together To Prevent Music Induced Hearing Disorders



Hearing health takes center stage at 2024 AES Intl Conference on Audio and Music-Induced Hearing Disorders

The 2024 AES 4th International Conference on Audio and Music-Induced Hearing Disorders, held May 29 - 31 at the Aalborg University Copenhagen Campus in Copenhagen, Denmark, was a complete success. The AES conference featured three days filled with hearing-health-related topics and information on technologies promoting safe listening practices while listening to music. The event offered presentations from a variety of audio engineering and audiology professionals, all with the same goal of Making Listening Safe and enjoyable at the same time. WHO-MLS members were represented by Keynote speakers Dr. Carolina Der and Mark Laureyns, conference chair Dorte Hammershøi, co-chair Dr. Michael Santucci, Rob Shephard, Marcel Kok, Jos Mulder, Petteri Hyvarinen, Coleen LePrelle and Thomas Lund.



'Listen for life' 10-point charter

The Listen for Life Campaign aims to prioritise hearing health in late-night economy businesses, such as pubs, bars, and clubs. This charter is in accordance with the WHO global standard for safe listening venues and events, and outlines ten essential points for these establishments to adhere to, fostering a safe and enjoyable environment for both employees and patrons.

Noise Control Measures:

Implement and maintain effective noise control measures to ensure that music and ambient noise levels do not exceed safe limits without clear direction including signage and PPE.

Regular Sound Assessments:

Conduct regular sound assessments to monitor noise levels and adjust according to sound mapping, as needed to prevent hearing damage.

Employee Training:

Provide comprehensive training for all employees on noise exposure risks, protective measures, and the importance of hearing health.

Personal Protective Equipment (PPE):

Supply employees with suitable hearing protection, such as earplugs, and encourage their consistent use.

Hearing Health Information:

Display educational materials and information on hearing health prominently within the establishment to raise awareness among workforce and patrons.

Quiet Zones:

Designate and maintain quiet zones within the establishment where patrons can escape from loud music to protect their hearing.

Designated High Volume Areas:

Implement designate high volume areas using signal within your business to alert patrons and workforce to high-risk environments.

Hearing Health Screenings:

Conduct regular hearing health screenings for employees to assess their hearing and identify potential issues.

Hearing-Friendly Events:

Host special "Listen for Life - Hearing Health Awareness" events and promotions to encourage patrons to consider their hearing well-being.

Compliance Monitoring:

Periodically review and enforce these charter guidelines and collaborate with local authorities to ensure ongoing compliance.



Adhering to this Night Time Economy Charter will demonstrate a commitment to hearing health in late-night economy businesses and contribute to a safer and more enjoyable experience for both employees and patrons. The Listen for Life Campaign encourages the adoption of these practices, fostering a culture of hearing health awareness and responsibility.



*Safeguard Your Hearing
Preserve Your Health
Protect Your Music*

*Houses of Parliament
London 2023*



1. This is a Night Time Industries Association initiative and as our audiologist I am chair of this campaign. This work is being driven by a steering group of passionate professionals working in the industry which MLS wish to engage with, and the campaign is designed to be actively inclusive for all those who inhabit a diverse range of venues, events and activities. We also have some global connections that may allow this to be more than a UK campaign, but become an international offering.
2. The images are related to the UK Parliament last year and also info on our 10 point charter which is very much in line with the WHO safe listening venues and events standard and also fits perfectly into the some of the objectives of our MLS workstream.
3. Listen For Life is an ambitious hearing conservation program, designed by the UK Night Time Industries Association (NTIA). It has been created by the music industry for the industry, and is a multi-faceted approach unlike any other and includes an online education portal for all venues and personnel, cutting edge hearing testing to enable prevention of hearing loss and tinnitus, and access to affordable hearing protection for not only staff but also patrons. The online training and certification portal - HELA (Healthy Ears and Limited Annoyance) has been created by an international group of highly respected experts, comprising of sound engineers, audiologists and event organisers from around the World. The aims of this initiative is to promote safe listening in accordance with the World Health Organisations' own standards and reduce unnecessary injury to the very precious sense of hearing of everyone working in or enjoying music rich environments.



FEDERATION AICE

CampAICE: Training and empowering Safe Listening Ambassadors.

Year after year, the Federation AICE organizes meetings in summer camp format so that deaf children and young people with cochlear implants from all over Spain share experiences and interact in an environment that considers and understands their needs. For 10 days, minor CI users enjoy leisure activities and receive training to become Safe Listening Ambassadors. There is no better speaker than them to - once empowered - raise awareness in their immediate environment about the importance of health care and hearing in your daily life. Afterwards they do powerpoint presentations in their own schools and communities.



AICCV

Care and Prevention of Hearing Health in the Valencian Community: Information Tables in Rural Municipalities.

Hearing health awareness is crucial to prevent hearing problems and improve people's quality of life. Providing information through information tables, especially in populations of less than 10,000 inhabitants, is essential to reach inhabitants that usually have less access to specialized health resources. These information tables allow the residents to be educated about prevention practices, hearing health care and the importance of periodic check-ups.

During 2023 and 2024, in the Valencian Community alone we have reached more than 9,000 people and carried out 3,450 tests with the HearWho app. Initiatives such as these foster a culture of care and prevention, reducing the incidence of hearing loss and improving the social integration of those who already have hearing loss.

William Hal Martin

Deanna K. Meinke



United States



Singapore



Dangerous Decibels® at 25 years:

Where are we now?

Dangerous Decibels is an evidence based program using health communication science constructs to change knowledge, attitudes and behaviors regarding exposures to dangerous sounds and appropriate use of hearing protective strategies

William Hal Martin, Ph.D. & Deanna K. Meinke, Ph.D.

Co-directors Dangerous Decibels

Thais C. Morata

Christi Themann



United States



en.wikipedia.org/wiki/Safe_listening

WIKIPEDIA The Free Encyclopedia

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Safe listening

10 languages

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From Wikipedia, the free encyclopedia

Safe listening is a **framework** for **health promotion** actions to ensure that sound-related recreational activities (such as **concerts**, **nightclubs**, and listening to music, broadcasts, or **podcasts**) do not pose a risk to **hearing**.^[1]

While research shows that repeated exposures to any loud sounds can cause **hearing disorders** and other health effects,^{[2][3][4][5][6][7]} safe listening applies specifically to voluntary listening through personal listening systems, **personal sound amplification products** (PSAPs), or at entertainment venues and events. Safe listening promotes strategies to prevent negative effects, including **hearing loss**, **tinnitus**, and **hyperacusis**. While safe listening does not address exposure to unwanted sounds (which are termed **noise**) – for example, at work or from other noisy hobbies – it is an essential part of a comprehensive approach to total hearing health.^[8]



A man listening through headphones

Language	Date created/translated	# of Views by Aug 2024
English	03/03/2021	25,211
Russian	23/05/2021	6,504
Arabic	21/05/2021	3,995
Chinese	05/05/2021	3,101
Spanish	27/05/2021	2,411
Italian	13/05/2022	1,553
Portuguese	22/04/2021	1,012
French	05/06/2021	949
Swedish	12/08/2023	208
Catalan	13/05/2022	142
Dutch	24/01/2024	10
TOTAL		45,096

Recent research and digital promotion of Safe Listening: activities in
Wikipedia
Noise and Bioacoustics Team



Update Focus groups: Objective 1

Increasing awareness on the importance of safe listening and change behaviour for the target group (young people)

What we have been doing to improve hearing care awareness from October 2023 up to and until June 24, 2024 in the Philippines with Evolved Project co-designed by a Young Safe Listening Advocate who spearheaded and collaborated for all the Safe Listening Tours 2024 organized activities.

Presenter: Loren V. Reyes, RSW (Safety and Health Advocate, Community & Event Organizer)

Work Nurturing Innovation Project Driver with Make Listening Safe Workgroup in support of MLS Workteam Co-Chairs Dr. Katya Freire and Lidia Best

Stephen Wheatley  England



Make Listening Safe Campaign UK

Progress

- More than 50 supporters recruited for the campaign
- Campaign launched in November 2023
- Featured on Sky UK's leading TV news programme
- Set up on-line petition to encourage UK Government to mandate new safety standards in headphones

In progress

- Recruiting individuals in the 10 to 40 year old target age group to produce supportive social media content and promote the campaign

Next step

- To recruit paying sponsors for the campaign

Andreas Thulin  Sweden



Hearing Health - Swedens first online hearing loss prevention program.

Andreas has been supporting MLS with the creation of Amazing educational videos

Marion Marincat  England



First Hearing Wellness festival

3rd of March 2022

9 artists

@three locations in London

300 attendees

No amplification!

Muhammad Akram



Pakistan



The session commenced with a recitation from the Quran by Mr. Faisal from the HR department. Chief HR, Mr. Maqbool Raho, then welcomed participants and speakers, expressing his special gratitude to Dr. Carolina for her early morning participation (5 AM) despite the time difference. An interactive activity using the WHO/WHF poster "Changing mindsets - Ear Care - Myth and Reality" conducted by Mr. Muhammad Akram, Program Manager of the Inclusive Development & Humanitarian (IDH) department, revealed some common misconceptions about ear care. The survey results showed that while most participants recognized ear discharge as a serious issue, there were prevalent myths regarding ear cleaning, home remedies for ear pain, and the usefulness of cotton buds. Following the survey, Mr. Aqeelur Rehman Hameed, a Consultant Audiologist and sign language interpreter, delivered a presentation on noise exposure and its impact on hearing. He addressed key topics like noise-induced hearing loss, tinnitus, stress levels, communication difficulties, and preventive measures. Dr. Carolina Der, MD, PhD, a Technical Officer for Ear and Hearing Care at the World Health Organization, joined the event virtually from Geneva, Switzerland. Her presentation, titled "Ear and Hearing Care for All! Advocacy and Return on Investment," highlighted the crucial role of public support in advocating for ear and hearing care. Dr. Der emphasized several important points:

High Prevalence of hearing loss in Asia

- Over 430 million people globally experience significant hearing loss.
- Asia has a particularly high prevalence of hearing loss.

- More than 80% of individuals with hearing loss lack access to necessary care.
- Unaddressed hearing loss incurs an annual global cost of US\$1 trillion.
- Scaling up ear and hearing care services is a cost-effective solution.

Dr. Der also presented WHO initiatives designed to promote ear and hearing care, including:

- Development of advocacy tools and initiatives
- The World Report on Hearing
- "Make Listening Safe" campaign
- hearWHO and hearWHOpro mobile applications
- World Hearing Day
- World Hearing Forum (Stakeholder Alliance for Advocacy)

Following Dr. Der's presentation, Dr. Anjum Naveed, a Consultant ENT surgeon, addressed questions from the audience regarding hearing loss. He emphasized the need for projects specifically targeting hearing loss issues in Pakistan.

The event concluded with closing remarks by Mr. Anis Danish, Chief Services Officer at HANDS. Mr. Danish highlighted HANDS' position as one of Pakistan's leading NGOs working in health and community development. He emphasized HANDS' national reach and commitment to investing in ear and hearing care programs, expressing a desire to collaborate with national and international stakeholders. He concluded by thanking all speakers for their valuable contributions and for raising awareness among the 100+ participants.

Do you want to be in the 2nd newsletter that will be in December?
Send your actions to mlsworkstream@gmail.com, until December 15th.



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Please, follow us.**

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 [Groups LinkedIn](#)



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