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Musica da auricolari: rischio sottostimato

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Key words

Hearing loss; music; earphone

Summary

«Music by earphones: an underestimated risk». **Background:** *The authors studied exposure to the noise generated by digital music listening devices (MP3) as used by young people.* **Objectives:** *to study the level of sound emission of some of these devices at 100%, 75% and 50% volume.* **Methods:** *Using a mannequin, the LeqA, LmaxA, LeqC and the peak in C of nine of the most commonly used devices was measured at levels of sound emission of 100%, 75% and 50%.* **Results:** *It was found that all the devices exceeded 100 dBA of Leq at 100% of the listening volume. We therefore estimated the Lex8, as recommended in Italian Law 195/06, to which these young people are exposed using the devices for 15, 30, and 60 minutes/day.* **Conclusions:** *Young people undergoing daily exposures for only 15 minutes at maximal listening volume exceed the limit value of daily occupational exposure for workers, which Law 195/06 fixes at 87 dBA.*