

Mayo Clinic Minute

The 60-60 rule for safe listening

VIDEO	AUDIO
Title: Kelly Conroy, Au.D. Audiology Mayo Clinic	“One of the major issues we’re seeing right now are children that have listened to MP3 players or iPods very loudly.”
	Audiologist Dr. Kelly Conroy says these small devices can produce big sound, and you shouldn’t assume that your child’s volume is set at a safe level.
Kelly Conroy, Au.D.	“The best thing that parents can do is actually limit the volume.”
	You have to dig into the settings to find it, but this iPhone allows you to set a maximum volume for music. You can even prevent your child from changing the limit.
Kelly Conroy, Au.D.	“So one of the rules is called the 60/60 rule.”
	The first 60 is for 60 percent of the maximum volume.
Kelly Conroy, Au.D. Graphic: 60 percent volume 60 minutes	“You have them listen to the iPod at 60 or that range and, also, only for 60 minutes.”
	And Dr. Conroy suggests your child listen with headphones – not the smaller earbuds.
Kelly Conroy, Au.D.	“The earbuds go directly into the ear canal. Both can be damaging, but the headphones are better than the earbuds.”
	For the Mayo Clinic News Network, I’m Jeff Olsen.