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FIAPAS
CONFEDERACIÓN ESPAÑOLA DE FAMILIAS DE PERSONAS SORDAS
FOMENTANDO INCLUSIÓN. APOYANDO PERSONAS. AVANZANDO SOLIDARIAMENTE.
SPANISH CONFEDERATION OF FAMILIES OF DEAF PEOPLE
PROMOTING INCLUSION. SUPPORTING PEOPLE. ADVANCING TOGETHER.

EXCELLENCE, INNOVATION, SUSTAINABILITY

CODEPEH
COMISIÓN PARA LA DETECCIÓN PRECOZ DE LA HIPOACUSIA
COMMISSION FOR THE EARLY DETECTION OF HEARING LOSS
With representatives from:
The Spanish Association of Paediatrics,
The Spanish Society of Otolaryngology
and FIAPAS
(codepeh@gmail.com)

GOBIERNO DE ESPAÑA
MINISTERIO DE DERECHOS SOCIALES, CONSUMO Y AGENDA 2030
POR SOLIDARIDAD
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Family Care and Support Network

FIAPAS
Familias de Personas Sordas
Family of Deaf People

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ASPAS-SEVILLE
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APANDAPT-TOLEDO
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CASTILLA Y LEON (AUTONOMOUS COMMUNITY OF)

FEDERACIÓN FAPAS-CYL
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ASFAS-LEON
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EUNATE-NAVARRA
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The list provided includes the FIAPAS Federations and Confederate Associations as of July 2025. (For the most recent contact details: **www.fiapas.es**)

PREVENTION OF NOISE-INDUCED HEARING LOSS IN PAEDIATRIC AGE GROUPS



- ✔ According to the World Health Organization (WHO), 50% of teenagers and young people aged 12 to 35 in more developed countries are at risk of hearing loss due to overexposure to noise in recreational settings and inappropriate use of devices.
- ✔ Noise-induced hearing loss is a growing public health problem due to its high prevalence and a lack of awareness of its prevention.
- ✔ Noise-induced hearing loss mainly affects the inner ear. In addition to hearing loss, prolonged exposure can cause tinnitus, vertigo and other symptoms.
- ✔ The impact on the paediatric population and the risks of permanent hearing loss are concerning, as the auditory system is particularly vulnerable and the effects of noise on hearing, development and learning in these early stages can affect future quality of life.
- ✔ Regular hearing check-ups are necessary for the early detection of noise-induced hearing loss.

Predisposing factors and risk situations

Given that exposure to noise often begins in childhood and that its harmful effects are mainly due to repeated exposure to loud noise over long periods of time, greater attention must be paid to its presence in everyday activities. There are also a number of individual factors that can make someone more susceptible to hearing loss caused by prolonged exposure to loud noise.

Sources of noise

- Ambient noise comes from the environment and is generated by human activity (road traffic, aircraft, machinery, etc.) or by electrical household appliances and devices.
- Recreational and leisure noise includes personal listening devices, video games, toys, music at parties, dances and concerts, fireworks displays, sporting events and other hobbies.
- Occupational noise is associated with performance of work-related activities.

Individual factors

– Genetic factors.
- Epigenetic modifications.
- Age and sex.
- Pre-existing conditions.
- Ototoxic medication.
- Anatomical and physiological factors.
- Prior exposure to noise.
- Lifestyle and recreational noise.

Educating of children, teenagers and young adults on hearing care and the impact of noise is essential in order to modify their listening habits with personal devices and their recreational and leisure habits in noise-polluted or loud environments.

* The content of this brochure is for informative purposes only. *Lex artis* must at all times align with the most up-to-date knowledge through the study of the scientific literature and be adapted to the context of each child.

PREVENTION OF NOISE-INDUCED HEARING LOSS IN PAEDIATRIC AGE GROUPS

Commission for the Early Detection of Hearing Loss - CODEPEH

PREDISPOSING AND RISK FACTORS

Genetic
Epigenetic
Childhood
Males
Exposure at an early age

Pre-existing conditions
Previous hearing loss
Ototoxic
Anatomical and physiological factors
Lifestyle associated to recreational noise

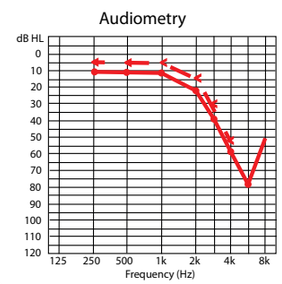
EXPOSURE TO LOUD NOISE

Music
Games
Hobbies



Environmental
Sports
Industry

Hearing Loss



Cochlear Lesion

Neural Lesion

Tinnitus

PREVENTIVE MEASURES

Awareness and training

Educational programmes
Campaigns in the media and social networks
Training of relatives, caregivers and teachers
Educational content in the school curriculum
Apply the 60-60 rule*

Noise control in the environment

Apply noise control regulations
Limit intensity in games and devices
Limit exposure time
Use of protection (earplugs, headphones, etc.)
Environmental and spatial conditioning

Apply early detection protocols

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* Restrict volume and listening time: < 60 % volume < 60 minutes nonstop.

Noise causes cumulative and irreversible hearing loss