

---

Subject: Re: Ear health

Posted by [Shane](#) on Sat, 27 Feb 2010 17:15:04 GMT

[View Forum Message](#) <> [Reply to Message](#)

---

Headphones can definitely damage your hearing. The problem is that you start out listening at a comfortable level, then after a bit your ears get accustomed to that level and it seems too low, so you turn it up a bit more. Eventually you've got the volume up to such a loud level that you can induce hearing damage without even realizing it. You have to be conscious of the levels all the time and pay attention to your adjustments.

---