






# Canandaigua City School District

*Committed to Excellence*

Volume limiting headphones will be added to the Supply Lists for students of all grade levels in the Canandaigua School District starting in the 2018-2019 school year. These headphones will be included in the "School Kidz" kits.

-  Exposure to high levels of noise can cause permanent hearing loss. Neither surgery nor a hearing aid can correct this type of hearing loss.
-  The effects of noise are cumulative. The WHO (World Health Organization) has recommended a limit of 85 decibels up to 8 hours.
-  View the WHO's pdf "Make Listening Safe" for more information [http://www.who.int/entity/pbd/deafness/activities/1706\\_PBD\\_leaflet\\_A4\\_English\\_lowres\\_for\\_web170215.pdf?ua=1](http://www.who.int/entity/pbd/deafness/activities/1706_PBD_leaflet_A4_English_lowres_for_web170215.pdf?ua=1)

The following are some samples of inexpensive headphones that have volume limiting to 85 decibels.

**Note:** When looking for volume limiting headphones not all that are labeled "safe" or "volume limiting" are within the 85 decibel limit. Look in the description for them to state specifically a limit of 85 decibels. Do Not buy Bluetooth (wireless) Headphones, They will not be useable in school.

## Headphones:

Avid Education AE-812RED Sound Limiting Headphones 85dB - \$4.99 Camcor.com

JLab JBuddies Headphone - \$10.00 Jlab.com

Maxell 190296 Safe Soundz Headphones - \$12.99 Walmart.com

JLab Audio Over Ear JBuddies Kids - \$14.88 Walmart.com

Kidz Gear Wired Headphones - Starting at \$14.98 Amazon.com

## Earbuds:

Symphonized Kids Volume Limited Premium Wood - \$15.99 Amazon.com