






Canandaigua City School District

Volume limiting headphones have been added to the Supply Lists for students of all grade levels in the Canandaigua School District.

-  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 <https://drive.google.com/open?id=1UQLHgYzBRx0h822SQA1cEAtiFyuvtSm>

The following are some samples of inexpensive headphones and earbuds 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-812 Sound Limiting Headphones 85dB - \$4.99 Camcor.com
- SUNNZO Kids Headphones Limiting Headphones 85dB - Starting at \$9.99 Amazon.com
- SIMOLIO Kids Headphones Limiting Headphones 85dB - \$13.95 Amazon.com
- Callmgl Kids Headphones Limiting Headphones 85dB - \$16.99 Amazon.com
- JLab Audio JBuddies Limiting Headphones 85dB - \$19.99 Best Buy.com

Earbuds:

- iFrogz Animatones Volume Limiting Earbuds - Starting at \$5.00 Amazon.com