



Contact:  
Betty McEntire  
ACDHH  
480-244-3329  
[b.mcentire@acdhh.az.gov](mailto:b.mcentire@acdhh.az.gov)

## FOR IMMEDIATE RELEASE

### **2021's Toys to Avoid and How to Test the Volume of Toys at Home** *Arizona Commission for the Deaf and the Hard of Hearing* *Aims to Educate Parents on Safe Sound Levels This Holiday Season*

**PHOENIX (Nov. 10, 2021)** – The [Arizona Commission for the Deaf and the Hard of Hearing](#) (ACDHH) launches their annual Toys to Avoid list! Some of the hottest-toys on the market were tested and found eight of them to be “toys to avoid” due to being too loud. These toys are categorized as any toy that reaches a sound level of 85 decibels (dB) or higher.

According to the [American Speech-Language-Hearing Association](#), 85 dB is the maximum volume a child should be exposed to for no more than eight hours a day. Sounds louder than 100 dB can damage their hearing in less than 15 minutes.

Noise is the number one cause of hearing loss. Nearly 15 percent of children ages 6-19 have some degree of hearing loss. In addition, loud noises can increase fatigue, decrease a child’s ability to pay attention, and reduce short term memory.

“Some of these toys are louder than a Suns Game at the Footprint Center,” said Christy Abrams, Hard of Hearing Specialist with ACDHH. “We feel it is important to highlight how some of the *fun* toys can be dangerous toys.” She added, “We want to show parents and family members how sounds can damage their child’s hearing and how they can avoid harmful levels. We give them a list of pre-tested toys to avoid and show them how easy it is to test a toy’s noise level with an app that can be downloaded on their smartphone.”

For its 12<sup>th</sup> year, ACDHH examined some of this season’s most popular toys chosen at random. Each dB measurement was taken as if the child placed their ear next to the speaker. If your shopping list includes toys for the children in your life, you may want to consider turning down the volume on these toys:

#### **Toys to Avoid listed in highest dB order:**

1. Paw Patrol Sing Along Microphone	105 dB	3yrs+
2. Disney Frozen II Sing Along Microphone	104 dB	3yrs+
3. Corvette Radio Control	104 dB	6yrs+
4. LeapFrog Phonics Fun Animal Bus	99 dB	12mos+
5. CoComelon My First Sing Along Boombox	98 dB	18mos+
6. Vtech Hover Pup	97 dB	9-36mos

7. LeapFrog 100 Words About Places I Go (Spanish)	96 dB	18mos+
8. Adventure Force Rev N Rock	96 dB	3yrs+

ACDHH encourages parents to purchase a toy from the “safe” list. (This list is not meant to be all-inclusive).

**List of Safe Toys under 85 dB listed by age:**

1. Vtech Baby Snug-A-Bug Musical Critter	3 M+	70 dB max
2. Vtech Tiny Touch Tablet	6-36 months	70 dB max
3. Leap Frog Touch & Learn Nature ABC Board	18 M+	75 dB max
4. Star Wars The Mandalorian The Child Plush	3 years +	75 dB max

“It is important to consider how the child will use the toy,” said Abrams. “Children aren’t always using these toys at arm’s length as they may be intended. It’s also important to consider the decibel levels of other sounds around the child in addition to the toy, such as the television, kids yelling or other loud toys all making noise simultaneously. All that noise can quickly add up and cause hearing loss.”

For parents who would like to conduct their own decibel test, there are free smartphone apps available to test the sound levels of any toy parents are considering buying or have already purchased. Parents can also use the dB apps to test the loudness of their teenagers headphones. The [CDC](#) recommends the NIOSH Sound Level Meter. If the parent does not have an iPhone, the [Decibel X app](#) is a comparable testing app for Androids.

**Simple test methods to ensure toys won’t hurt young ears:**

- Use ‘try-me’ buttons on the toys when available
- Hold the toy as close to your ear as your child would and ask yourself if the toy is too loud
- Hold the toy eight inches away from your ear (approximately the length of your child’s arm), and if you must speak at a higher volume above the sound effects, it’s too loud

**How to keep the volume down on loud toys:**

- If the toy has volume control, ensure it’s always set to the lowest level
- Put waterproof tape or super glue over speaker to mute it
- Put tape over the volume control to prevent your child from increasing the volume to unsafe volume level

**About ACDHH:** Established in 1977 to improve the quality of life for deaf and hard of hearing residents, ACDHH serves as a statewide bureau of information for issues related to people with varying hearing levels and aspires to be a national leader in communication access, support services, and community empowerment throughout the state. The purpose of the agency and its commissioners is to ensure, in partnership with the public and private sector, accessibility for the deaf and hard of hearing to improve their quality of life.

###