

Concerts: Be in the know to enjoy the show

Do you love concerts? If so, you're not alone. Tens of millions of people attend concerts around the world every year. For many, there's an energy there you can't get from listening to music at home. But before you head out to a show, brush up on safety. From cuts and scrapes to heat and hearing damage, concerts come with some possible hazards.



Photo above by FG Trade, below by Georgijevic, courtesy iStockphoto

Quick facts on concerts

1 Stay hydrated. Not drinking enough water can make you feel dizzy and sick, especially at hot outdoor concerts. And avoid or limit alcohol intake, which contributes to dehydration.



2 If you're going with someone, decide on a meet-up spot. With so many people, it's easy to get separated and you may not have cellphone signal.

3 When you arrive, take note of the nearest exits. In case of an emergency, you'll know exactly where to go.

4 Reconsider that front-row seat. A crowd surge could pin you

against a barrier. You also risk someone or something falling on you from the stage.

5 Protect your hearing. Listening to loud music at concerts can lead to hearing loss. Don't stand close to loudspeakers. And always wear hearing protection. Foam ear plugs are a good option, or look for the kind of ear plugs that are designed for musicians.



>> For more tips on hearing protection, visit www.cdc.gov/nceh/hearing_loss