

SAFE & SOUND: 5 REASONS TO SWAP EARBUDS FOR ON-EAR SPEAKERS

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Aside from the super swaggy aesthetics of non-invasive on-ear speakers and open-ear wireless earphones, these audio devices can also be considered safer, healthier and generally more optimal as compared to in-ear headphones or earbuds. This is due to their design for external wear coupled with how they interact with the ears and surrounding environments. Below are five reasons why.

1. Reduced Risk of Ear Injuries and Infection

In-ear headphones can be inserted deep into the ear canal, which might increase the risk of injury if not handled carefully. On-ear and open-ear speakers, however, sit on the outside of the ear or rest gently on the ear without going inside the canal, minimizing the risk of injury.

In-ear headphones and earbuds can potentially contribute to ear infections if not used or maintained properly. Earbuds that are not cleaned regularly can accumulate dirt, sweat and bacteria over time. Inserting contaminated

earbuds into the ear canal can introduce harmful bacteria and lead to infections. Earbuds can also trap moisture in the ear canal, creating a warm and humid environment that further encourages bacterial growth and fungal infections. What's more, some individuals like myself might develop allergies to the materials used in earbud tips, causing irritation, redness or severe itching inside the ears.

2. Hearing Protection

According to the CDC, "Listening to loud noise for a long time can overwork hair cells in the ear, which can cause these cells to die. The hearing loss progresses as long as the exposure continues. Harmful effects might continue even after noise exposure has stopped. Damage to the inner ear or auditory neural system is generally permanent."

In-ear headphones sit directly inside the ear canal and can potentially deliver sound at higher volumes, increasing the risk of damaging your hearing. On



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