Protecting Your Hearing Health

Student Information Sheet on Noise-Induced Hearing Loss

Version for Customization

National Association of Schools of Music Performing Arts Medicine Association

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Protecting Your Hearing Health An NASM – PAMA

Student Information Sheet on Noise-Induced Hearing Loss

- [Welcome to (Name of School).] [Welcome to music study at the college level.]
- Hearing health is essential to your lifelong success as a musician.
- You are [required] [requested] to attend a briefing on this important issue. [Date, Time, Location]
- Noise-induced hearing loss is largely preventable. You must avoid overexposure to loud sounds, especially for long periods of time.
- The closer you are to the source of a loud sound, the greater the risk of damage to your hearing mechanisms.
- Sounds over 85 dB (your typical vacuum cleaner) in intensity pose the greatest risk to your hearing.
- Risk of hearing loss is based on a combination of sound or loudness intensity and duration.
- Recommended maximum daily exposure times (NIOSH) to sounds at or above 85 dB are as follows:
 - 85 dB (vacuum cleaner, MP3 player at 1/3 volume) 8 hours
 - \circ 90 dB (blender, hair dryer) 2 hours
 - \circ 94 dB (MP3 player at 1/2 volume) 1 hour
 - 100 dB (MP3 player at full volume, lawnmower) 15 minutes
 - \circ 110 dB (rock concert, power tools) 2 minutes
 - o 120 dB (jet planes at take-off) without ear protection, sound damage is almost immediate
- Certain behaviors (controlling volume levels in practice and rehearsal, avoiding noisy environments, turning down the volume) reduce your risk of hearing loss. Be mindful of those MP3 earbuds. See chart above.
- The use of earplugs and earmuffs helps to protect your hearing health.
- Day-to-day decisions can impact your hearing health, both now and in the future. Since sound exposure occurs in and out of school, you also need to learn more and take care of your own hearing health on a daily basis.
- It is important to follow basic hearing health guidelines established by [Name of Institution or Reference].
- It is also important to study this issue and learn more (link).
- If you are concerned about your personal hearing health, talk with a medical professional.
- If you are concerned about your hearing health in relationship to your program of study, consult [Name of Contact at Institution].
- Resource(s) on Web: [Title of Resource and Web address] [Other Links]