## **Protecting Your Hearing Health**

## **Student Information Sheet on Noise-Induced Hearing Loss**

National Association of Schools of Music Performing Arts Medicine Association

## **Protecting Your Hearing Health**

## An NASM – PAMA Student Information Sheet on Noise-Induced Hearing Loss

- Hearing health is essential to your lifelong success as a musician.
- Your hearing can be permanently damaged by loud sounds, including music. Technically, this is called Noise-Induced Hearing Loss (NIHL). Such danger is constant.
- **Noise-induced hearing loss is generally 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:
  - o 85 dB (vacuum cleaner, MP3 player at 1/3 volume) 8 hours
  - o 90 dB (blender, hair dryer) 2 hours
  - o 94 dB (MP3 player at 1/2 volume) 1 hour
  - o 100 dB (MP3 player at full volume, lawnmower) 15 minutes
  - o 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,

Protecting Your Hearing Health: Student Information Sheet on Noise-Induced Hearing Loss NASM/PAMA: November 2011!