

YOUR HEARING is fragile. is essential for musical success.

Recommended Maximum Daily Exposure Times

Damage occurs after

• 85 dB	(vacuum cleaner, MP3 player at 1/3 volume)	– 8 hours
• 90 dB	(blender, hair dryer)	– 2 hours
• 94 dB	(MP3 player at 1/2 volume)	– 1 hour
• 100 dB	(MP3 player at full volume, lawnmower)	– 15 minutes
• 110 dB	(rock concert, power tools)	– 2 minutes
• 120 dB	(jet planes at take-off)	– without ear protection, hearing damage is almost immediate

Equipment for Musicians

The use of earplugs and instrument mutes can protect your hearing health during practice time, rehearsals, and performances. These might take some getting used to, but your hearing is worth protecting!

Practice Mutes

- Strings
 1. [Violin/Viola](#)
 2. [Cello](#)
 3. [Upright Bass](#)
- [Drums & Percussion](#)
- Woodwinds & Brass
 1. For [Brass](#)
 2. For [Saxaphones](#)
 3. Other woodwinds are tricky. Putting a sock or piece of clothing into the bell may help somewhat, but hearing protection is the best option if you play a woodwind.



Hearing Health Facts

Noise-induced hearing loss

- Can be permanent
- Can be caused by loud sounds, like music
- Is based on **volume intensity** and **duration**
- Is more likely the closer you are to the source of the sound
- Is **generally preventable**
 1. Avoid noisy environments
 2. Control volume levels of instruments or listening devices
 3. Wearing ear protection

Sounds over 85 dB pose the greatest risk to your hearing. Day-to-day decisions can impact your hearing health, both now and in the future. Since sound exposure occurs in and out of class, learn how to take care of your own hearing health on a daily, even hourly basis.



Hearing Protection

- [Triple-flange earplugs](#) are the most affordable option and generally have good results.
- [Electronic earplugs](#) reduce loud noise while amplifying low-level sounds. These are usually a larger investment, but may be particularly beneficial for musicians.