



OLD DOMINION
UNIVERSITY

F. Ludwig Diehn School of Music

Protecting Your Hearing Health

Student Information Sheet on Noise-Induced Hearing Loss

**National Association of Schools of Music
Performing Arts Medicine Association**

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Protecting Your Hearing Health

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

Welcome to the Old Dominion University Department of Music. The following information is provided as a basic guide to Noise-Induced Hearing Loss. Additional information is available at the links listed below.

Hearing health is essential to your lifelong success as a musician.

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
- 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, 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 the National Association of Schools of Music and the Performing Arts Medicine Association.

It is also important to study this issue and learn more information, located at this URL:
<https://nasm.arts-accredit.org/publications/brochures-advisories/nasm-pama-hearing-health/>

If you are concerned about your personal hearing health, talk with a medical professional. Also, the ODU Speech and Hearing Clinic offers services on campus: <http://education.odu.edu/shc/>

If you are concerned about your hearing health in relationship to your program of study, consult Dr. Douglas T. Owens, Diehn Endowed Chair of Instrumental Music Education at ODU.
Contact information: dtowens@odu.edu or 757-683-6562.

This information is provided by the National Association of Schools of Music (NASM) and the Performing Arts Medicine Association (PAMA). For more information, check out the other NASM-PAMA hearing health documents, located on the NASM Web site at this URL:
<https://nasm.arts-accredit.org/publications/brochures-advisories/nasm-pama-hearing-health/>