NOISE MANAGEMENT

Information Sheet for Musicians

For a musician, one of your most important senses is hearing sound.

Did you know that, over time, your hearing can be damaged because of the frequency, noise intensity and the duration of sounds that you are exposed to?

So...what can YOU do to protect your hearing from long term damage...

You can;
- Control the amount of sound exposure from your own instruments as well as other players
- Play musically not loudly
- Rehearse small groups in large rooms.
- Make sure practice rooms have appropriate sound insulation—not sure...ASK!
- Dampen key instruments in rehearsal/lessons e.g. percussion and brass in bands or orchestras to reduce the overall noise level
- Limit practice/playing times to ensure the exposure level are not exceeded
- See if its possible to focus the direction of sound/music away from the ears of other musicians e.g. consider elevating the position of brass and percussion instruments in an orchestra so that sound passes over the heads of the other players.
- Wearing well fitting, molded ear plugs with the correct attenuation (see below)
- Rest your ears for 16—48 hours after exposure to high noise levels

Ear Plugs

When you wear musicians ear plugs you still hear the blend clearly, feel the bass, and distinguish each tone. The sound heard has the same quality as the original, only quieter, the result is that speech and music are clear. In other words, they reduce overall sound level while preserving sound quality—no distortion of voices or music.

But they won’t work if they’re not worn!!!

So,
- make sure your plugs fit and are comfortable and worn from start to finish, or before entering until after leaving the noisy area,
- take into account the amount of blockage you need to adequately protect your ears and still be able to communicate,
- Each day, clean your protector with warm soapy water and thorough wipe dry then store the protector in a clean, dry environment, and
- Regularly inspect them for wear and damage.

Need more information?

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