

Protecting Your Hearing Health

Student Information Sheet on Noise-Induced Hearing Loss

Standard Version

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

- 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.