



YOU HAVE GOOD EARS,  
**PROTECT THEM.**

MUSIC CREATORS ARE NEARLY **FOUR TIMES**  
MORE LIKELY TO SUFFER FROM HEARING  
DAMAGE THAT'S 100% PREVENTABLE.



MUSICARES®



THE RECORDING ACADEMY®



Producers &  
Engineers Wing



Looking after your ears is unfortunately something you don't think about until there's a problem. I've had **tinnitus** for about 10 years, and since I started protecting my ears it hasn't got any worse - touch wood. But I wish I'd thought about it earlier!

– Chris Martin, Coldplay



# GET THE FACTS

Approximately **15% of Americans** between the ages of 20 and 69 have hearing loss that may have been caused by noise exposure.<sup>2</sup>

- > Musicians are almost **60%** more likely to suffer from tinnitus<sup>3</sup>
- > Hearing damage often occurs **undetected** over time<sup>3</sup>
- > **Men are more likely** to report hearing loss<sup>3</sup>
- > Damage results from sound **volume and duration**<sup>4</sup>

## UNDERSTANDING TINNITUS

Tinnitus is the sensation of **hearing phantom sound** commonly described as "ringing" and is attributed to ear damage due to noise exposure.

<sup>1</sup> Moodie, C. (2012). 'Terrible ringing in his ears and excruciating headaches': Chris Martin's secret ten-year hearing torment

<sup>2</sup> Prell, C. (2012). Perspectives on Noise-Induced Hearing Loss. In Noise-Induced Hearing Loss - Scientific Advances. New York, NY: Springer

<sup>3</sup> Blackwell, D., Lucas, J., & Clarke, T. (2014). Summary Health Statistics for U.S. Adults: National Health Interview Survey

<sup>4</sup> Kardous, C., Themann, C., Morata, T., & Reynolds, J. (2015). Reducing the Risk of Hearing Disorders Among Musicians

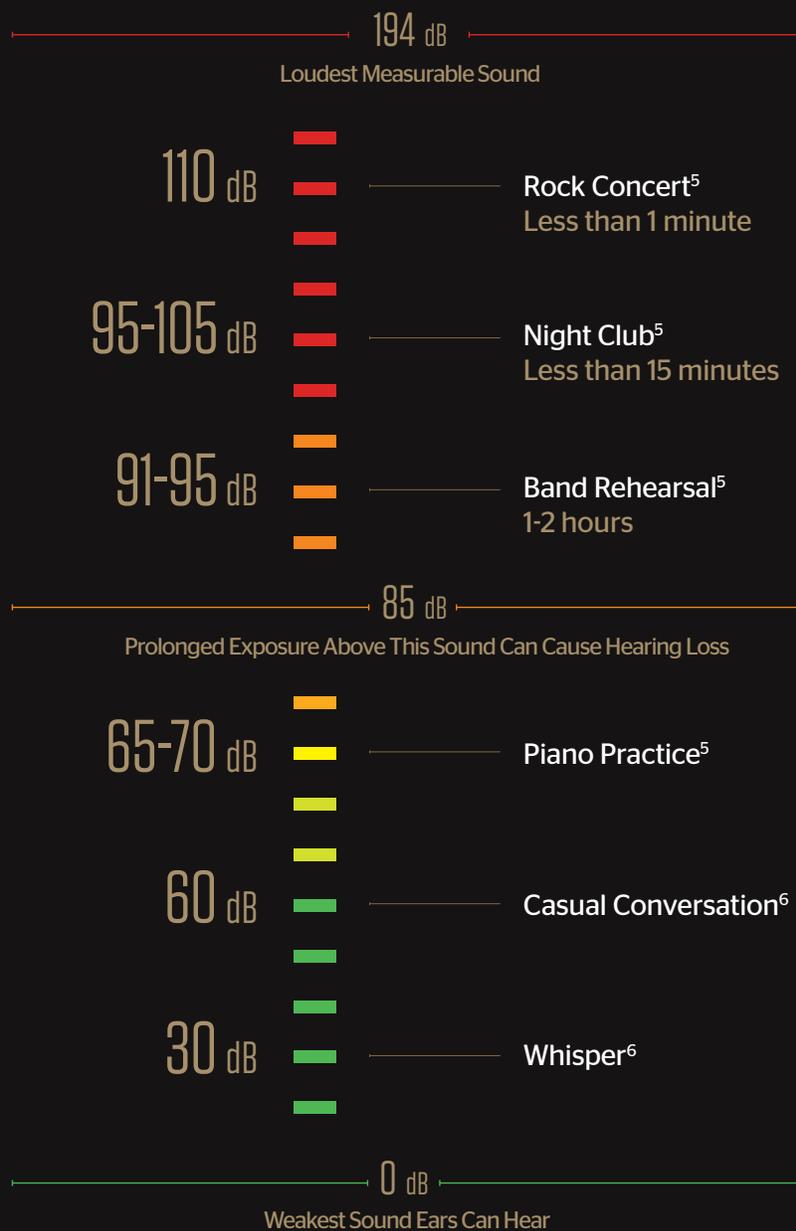
<sup>5</sup> Workplace Solutions: Reducing The Risk Of Hearing Disorders Among Musicians, CDC (Centers For Disease Control & Prevention), June 2015

<sup>6</sup> How Loud Is Too Loud? How Long Is Too Long? (2010). <http://www.noisyplanet.nidcd.nih.gov/info/Pages/howloud.aspx>

# DID YOU KNOW?

There is a daily "sound dose" that corresponds to volume and duration. The higher the decibels, the less you can listen to it without damaging your ears.

## RECOMMENDED DAILY SOUND DOSE





# YOU CAN PREVENT HEARING DAMAGE

## CREATE SPACE

If possible, rehearse in a bigger space, turning speakers away and adding absorbent materials, like acoustic foam, to the walls.

## MONITOR SOUND

Check sound levels regularly between practice and performances to monitor and pace your sound exposure.

## WEAR PROTECTION

Wear proper ear protection when exposed to sounds above 85 dB.

## TAKE BREAKS

If you can't cut the volume, try rotating sessions, taking frequent quiet breaks, and giving your ears a rest.



# WE CAN HELP

Whether you need to learn the facts, take preventative steps or seek medical attention, The Recording Academy® is here for you. Contact us to learn more about receiving the following assistance at highly reduced or complimentary rates:

- Personalized high-fidelity hearing protection
- Custom ear plugs
- Custom distortion-sensitive hearing aids
- Audiogram by certified audiologist experienced in music-based noise exposure

## DO I QUALIFY?

If you're a music person experiencing a time of need, contact us to learn how MusiCares® can help you:

West: 800.687.4227

Central: 877.626.2748

East: 877.303.6962

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