The higher the decibel level, the less time you can listen without damaging your ears.

GET THE FACTS
Learn what you can do to safeguard your hearing and your livelihood.

Protect Your Ears
Protect Your Craft

PREVENT HEARING LOSS

Create Space
Reduce noise in a larger space; turn speakers away, and add absorbent materials like acoustic foam to the walls.

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

Monitor Sound
Regularly check sound levels between practice and performances to track and pace your exposure to sound.

Take Breaks
Rotate sessions, take frequent quiet breaks, and give yourself a rest. Your ears will thank you later.

HOW LOUD IS TOO LOUD?
The higher the decibel level, the less time you can listen without damaging your ears.

RECOMMENDED DAILY SOUND DOSE

<table>
<thead>
<tr>
<th>Decibel Level</th>
<th>Prolonged Exposure Above This Sound Level Can Cause Hearing Loss</th>
</tr>
</thead>
<tbody>
<tr>
<td>110 dB</td>
<td>Rock Concert Less than 1 minute</td>
</tr>
<tr>
<td>95-105 dB</td>
<td>High-Clap Less than 15 minutes</td>
</tr>
<tr>
<td>91-95 dB</td>
<td>Band Rehearsal 1-2 hours</td>
</tr>
<tr>
<td>85 dB</td>
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</tbody>
</table>

Prolonged Exposure Above This Sound Level Can Cause Hearing Loss

Reach out. We’re here to help.

The Recording Academy’s® Producers & Engineers Wing® has partnered with the Academy’s affiliated health and human services charity MusiCares® to offer the following assistance at reduced or complimentary rates:

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

MusiCares is a four-star charity for music people in times of need. We offer financial assistance, recovery support, and preventative care. For more information, call our Help Line:

WEST 800.687.4227 | SOUTH 877.626.2748 | EAST 877.303.6962

HOW LOUD IS TOO LOUD?

Loudest Measurable Sound

Rock Concert

Less than 1 minute

High-Clap

Less than 15 minutes

Band Rehearsal

1-2 hours

85 dB

Prolonged Exposure Above This Sound Level Can Cause Hearing Loss

85-70 dB

Piano Practice

60-60 dB

Casual Conversation

30-30 dB

Whisper

0 dB

Weakest Sound Ears Can Hear

“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 that earlier.”

— Chris Martin, Coldplay

“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 that earlier.”

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