



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 A&Tj-0.054 Tw (3(ay 0 0 1 4.999 0 T20

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 sound used tp(u)-1 (e)- (d)T0 Tc 974 0 Tcd(r)Tj0.0047 Tc0.334 0 Tds(fo)-k Td(ai0 Td-nMTc 3448 0 TTj