



F. Ludwig Diehn School of Music

Protect Your Hearing Every Day

Information and Recommendations for Student Musicians

**National Association of Schools of Music
Performing Arts Medicine Association**

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Here are some simple ways to test if the music is too loud:

It's too loud (and too dangerous) when:

1. You have to raise your voice to be heard.
2. You can't hear someone who's 3 feet away from you.
3. The speech around you sounds muffled or dull after you leave a noisy area.
4. You experience tinnitus (pain, ringing, buzzing, or roaring in your ears) aft

Future Steps

Now that you've u've

