

PROTECT YOUR EARS PROTECT YOUR CRAFT

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

48 MILLION

Americans suffer some degree of hearing loss

2X

The number of Americans now suffer from hearing loss compared to 15 years ago

60%

Increased likelihood musicians will experience tinnitus

1 IN 4

Americans aged 20-69 experience hearing loss caused by noise exposure

Understanding Tinnitus

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

PREVENT HEARING LOSS

Create Space

Rehearse in a bigger space, turn speakers away, and add absorbent materials like acoustic foam to the walls.

Monitor Sound

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

Wear Protection

Always use proper ear protection when exposed to sounds above 85 dB.

Take Breaks

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

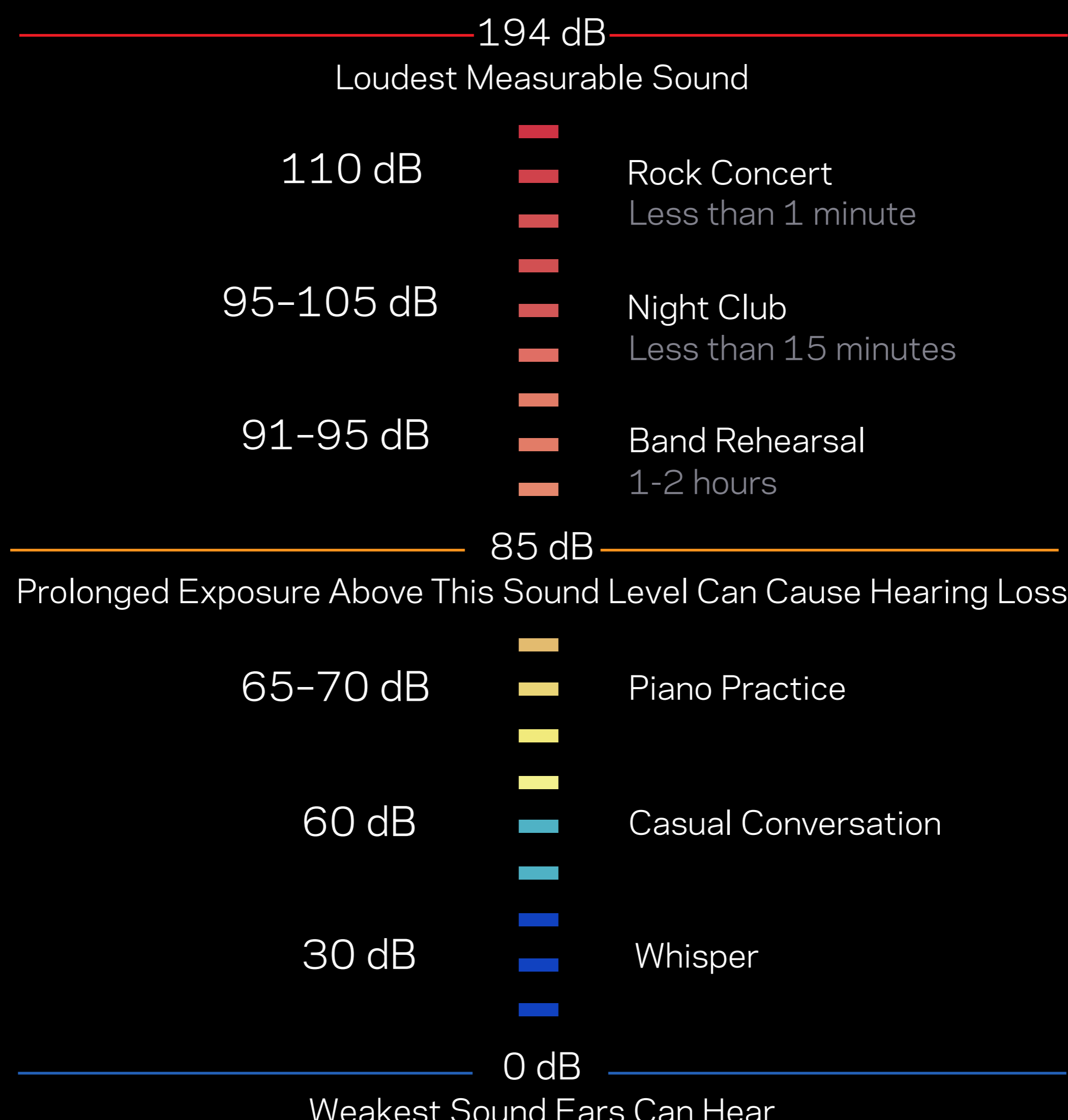


AS A MUSIC CREATOR, YOU'RE FOUR TIMES MORE LIKELY TO SUFFER FROM HEARING LOSS. IT DOESN'T HAVE TO BE THAT WAY.

RECOMMENDED DAILY DOSE

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

HOW LOUD IS TOO LOUD?



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

The Recording Academy® Producers & Engineers Wing® and MusiCares® are proud to partner to distribute vital hearing health information and resources. The Producers & Engineers Wing is a Recording Academy membership division serving the needs of producers, engineers, remixers, manufacturers, technologists, and other related music-recording professionals.

As a network of more than 4,000 members whose work spans all genres, regions and styles, the P&E Wing is a powerful, organized voice that addresses critical issues impacting the art and craft of recorded music.

MusiCares® helps the humans behind music because music gives so much to the world. Offering preventive, emergency, and recovery programs, MusiCares is a safety net supporting the health and welfare of the music community. Founded by the Recording Academy in 1989 as a U.S. based, independent 501(c)(3) charity, MusiCares safeguards the well-being of all music people through direct financial grant programs, networks of support resources, and tailored crisis relief efforts. MusiCares also offers the following assistance to the music community at reduced or complimentary rates:



Molded custom ear plugs



Custom distortion-sensitive hearing aids



Audiogram from a certified audiologist experienced in music-based noise exposure

These services are typically offered during our hearing clinics, scheduled periodically throughout the year and during select music festivals.

For more information please visit:
www.musicares.org or call **800.687.4227**