

Protect Your Ears Protect Your Craft

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

GET THE FACTS

48 MILLION

Americans suffer some degree of hearing loss.

1 IN 4

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

2X

The number of Americans with hearing loss has doubled over the last 15 years.

60%

Musicians are 60% more likely to suffer from tinnitus.

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.

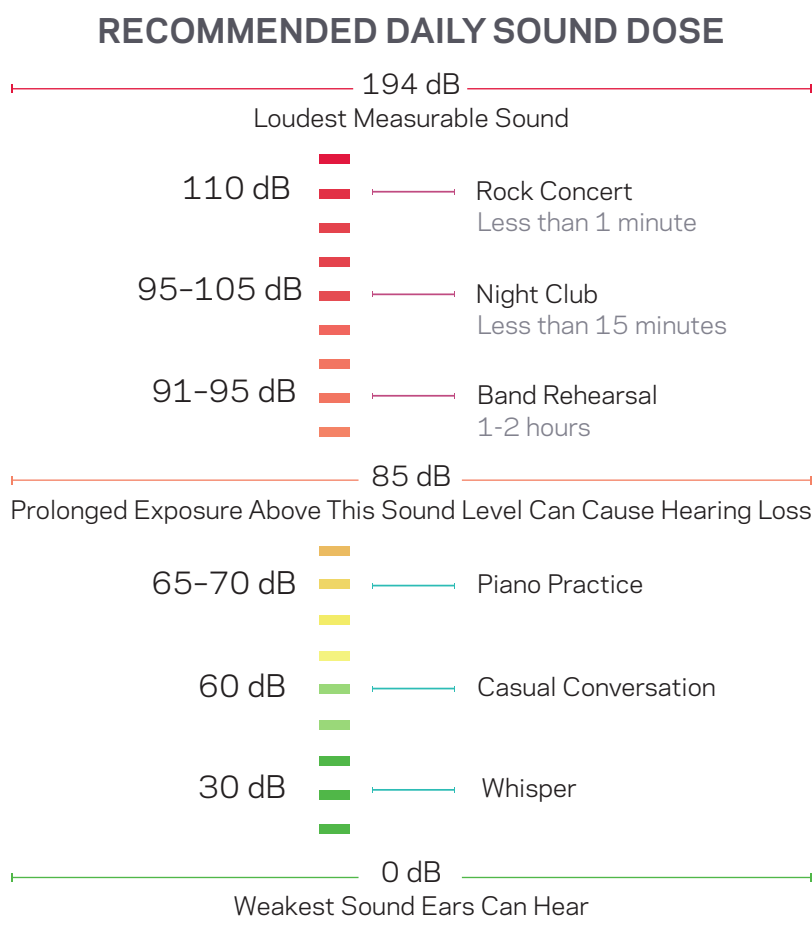
Take Breaks

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.

HOW LOUD IS TOO LOUD?

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



"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

Reach out. We're here to help.

The Recording Academy™ 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