

The School of Music provides every music major a set of hearing protector earplugs that may be picked up from the receptionist in the Dean's Office. The first set is free as an annual benefit of the music major fee. Additional earplugs may be purchased at a cost of \$10. Non-music majors may also purchase a set during office hours.

Noise Induced Hearing Loss (NIHL) is the term for hearing impairment that results from damage to the inner ear from excessive sound exposure. This damage can be immediate if the sound source is sufficiently loud and powerful, or subtly progressive if the trauma is modest but repeated. In any case, the effects on hearing are cumulative and irreversible.



These effects may include difficulty hearing the details in speech or music because higher frequencies in sound become indistinguishable. A common outcome is the development of **TINNITUS**, a condition where sound is experienced without any sound actually present. Tinnitus is usually experienced as a permanent high-frequency sound, whooshing, whirring, or clicking in the ears.

The School of Music urges our students to become aware of the risks of NIHL and to take appropriate steps to protect your hearing, both here at school and in other locations. In addition to wearing earplugs, **here are some other things you can do...**



If you suspect you have a hearing problem, or if you have a family history of hearing problems, get a hearing test to establish a baseline of your hearing sensitivity. Then, have your hearing checked periodically.



Avoid situations where you will be exposed to loud sound or music for a sustained time. Keep headphone volumes at moderate levels by listening in quiet environments.



Use hearing protection when or where exposure to loud sound is extended or unavoidable.