



**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