



# OLD DOMINION UNIVERSITY

**Music-Induced Hearing Loss:  
Adopting New Techniques for Safer Ensemble Rehearsals  
Dr. Douglas T. Owens, presenter**

Thank you for attending today's session. Suggestions for hearing conservation in the music ensemble rehearsal and performance environment include the following:

- Have your hearing examined at least yearly. An audiometric threshold hearing examination should be conducted by an audiologist.
- Monitor your exposure times to sound;
- Be aware of changes in your hearing and DON'T ignore the warning signs such as tinnitus or temporary threshold shift;
- Understand that your students may be exposed to high sound pressure levels;
- Explain "hearing healthy" listening and rehearsal habits to your students;
- Be aware of the acoustic environment; adjust the room acoustic conditions if necessary;
- Monitor existing sound pressure levels in rehearsal/performance environment;
- Be aware of changes in your ensemble enrollment and/or instrumentation;
- Adjust musical dynamics as appropriate for the room size and acoustical treatment
- Adjust your rehearsal and/or performance schedule as necessary to reduce continuous exposure.

### **Selected References:**

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