

SAVE NEW ORLEANS SOUNDS INITIATIVE



NOMC MISSION: to sustain New Orleans' musicians in mind, body and spirit in conjunction with the New Orleans Musicians Assistance Foundation's culture of caring.



Continuous exposure to loud sounds for an extended duration is the **KEY** factor in musician related hearing loss.

Factors That Affect Hearing Loss:

1. intensity (peak levels)
2. duration (exposure length)
3. distance between you and the sound source

DANGEROUS DECIBELS (IN DETAIL)

Sounds above 90 decibels (dB, a measurement of the loudness or strength of sound vibration) may cause vibrations intense enough to damage the inner ear, especially if the sound continues for a long time.

For further information, go to www.dangerousdecibles.org

SOUND SCALE



130 dB, the sustained noise of a jet engine from 100 feet away.

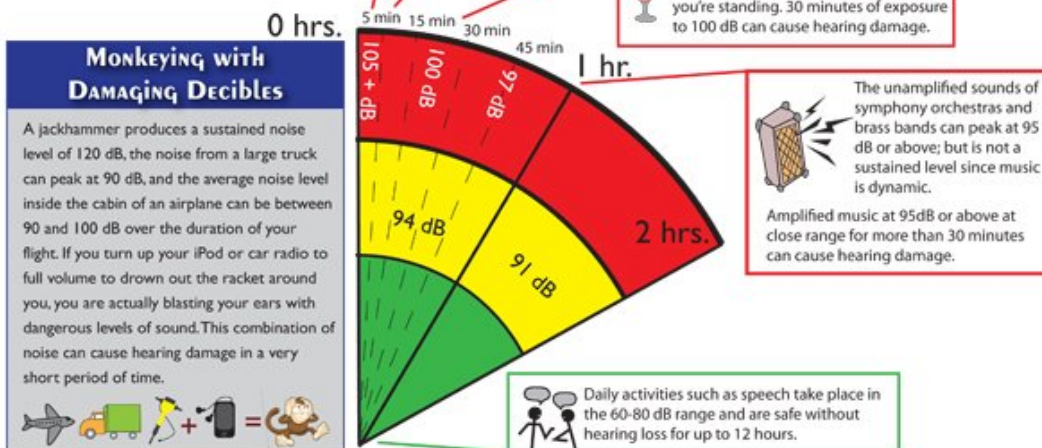
The roar of the crowd at a Saints' game in the superdome can peak at 100 db or higher which can cause damage after just 5 minutes.

Some blocks of Bourbon St. can peak at 100 dB or greater depending on where you're standing. 30 minutes of exposure to 100 dB can cause hearing damage.

The unamplified sounds of symphony orchestras and brass bands can peak at 95 dB or above; but is not a sustained level since music is dynamic.

Amplified music at 95dB or above at close range for more than 30 minutes can cause hearing damage.

Daily activities such as speech take place in the 60-80 dB range and are safe without hearing loss for up to 12 hours.

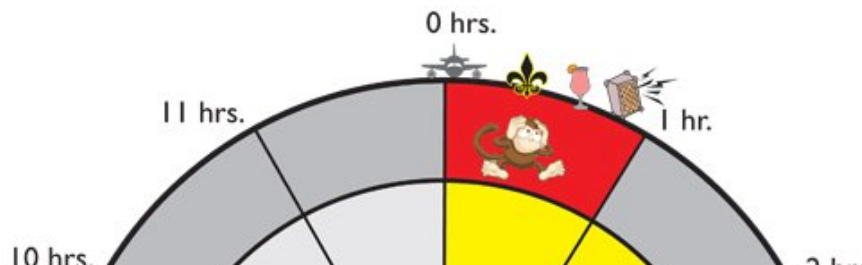


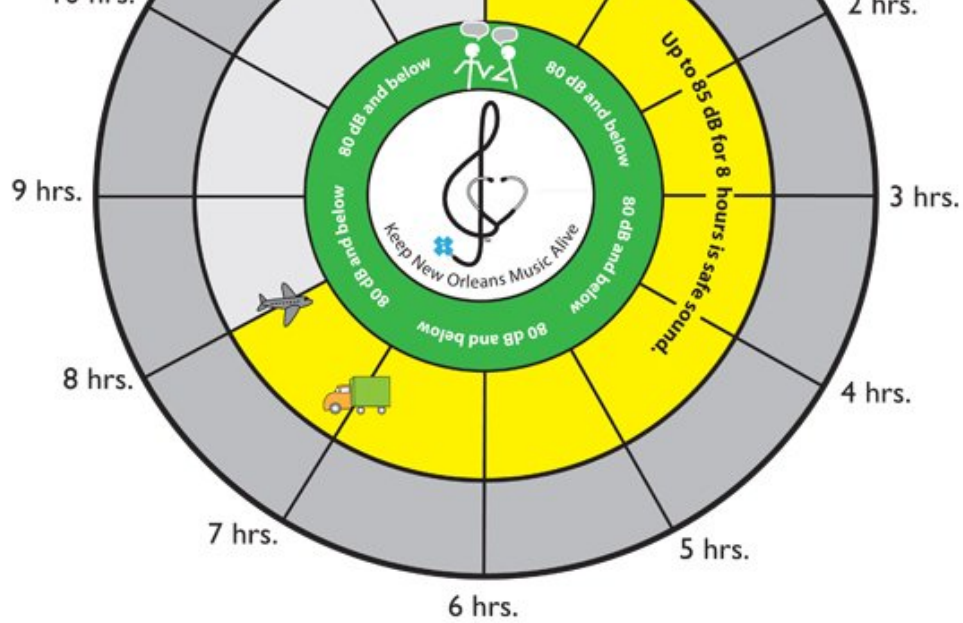
Monkeying with Damaging Decibels

A jackhammer produces a sustained noise level of 120 dB, the noise from a large truck can peak at 90 dB, and the average noise level inside the cabin of an airplane can be between 90 and 100 dB over the duration of your flight. If you turn up your iPod or car radio to full volume to drown out the racket around you, you are actually blasting your ears with dangerous levels of sound. This combination of noise can cause hearing damage in a very short period of time.



HOW SAFE IS YOUR SOUND?





Why MONKEY AROUND with your HEARING?

REDUCE YOUR RISK OF HEARING LOSS BY PRACTICING SAFE SOUNDS!

Your body is an instrument. Protect musicians' hearing. Preserve New Orleans' sounds, the soul of the New Orleans' cultural heritage and the driving force of our tourist economy.

- STEPS TO PREVENT HEARING LOSS:**
1. Turn down the volume
 2. Take a break in a quiet space
 3. Never stand in front of a speaker! Put some distance between you and the sound source.
 4. Wear protective earplugs when you can't control the volume

- Support** music venues that Practice Safe Sounds.
- Educate** yourself about safe sounds and monitor your dB levels.
- Download** and **use** free cell phone apps to measure dB levels.
- Spread** the word to fellow musicians and music lovers.

The HEARING you SAVE MAY BE YOUR OWN.

Reference(s):
Lonsbury-Martin BL, Martin GK. Noise-induced hearing loss. In: Cummings CW, Flint PW, Haughey BH, et al, eds. *Otolaryngology: Head & Neck Surgery*. 5th ed. Philadelphia, Pa: Mosby Elsevier; 2010:chap

CREDITS: Christophe Jackson for chart development, and Katherine Klinitas for chart design.

NOMC & AF's new program, Save New Orleans Sounds, will launch our expanded musicians' hearing section of our website on Thursday, March 15. Please remember to check it out.

Click [HERE!](#)

New Orleans Musicians' Clinic

Hours: 10am - 4pm

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