### Factors that Affect Hearing Loss & How to Prevent Them

- **Intensity:** (average levels)
  - Turn down the volume!

- **Duration:** (exposure length)
  - Take a break in a quiet space!

- **Distance between you & the sound source**
  - Don’t stand in front of the speaker. Put some distance between yourself and the sound source.

- **Wear protective earplugs when you can’t control the volume**

### Evolution of Noise Exposure

- **8th Century BC**
  - Earplugs are first mentioned in The Odyssey. Odysseus is advised to create ear plugs out of beeswax to block out the sirens' song.

- **1909**
  - First audio amplifier created by Lee deForest when he invented the triode tube. This tube was used to make the first AM radio!

- **1931**
  - First electric guitar invented by George Beauchamp, general manager of National Guitar Corporation.

- **1962**
  - First mouldable silicone ear plugs are created.

- **1972**
  - E-A-R material that was discovered by NRC in 1967 is developed into commercial memory foam ear plugs.

- **1989**
  - Bose makes the first noise cancellation headphones; originally created for the aviation industry.

### Sound Scale

- **100+ dBA**
  - 0-15 minutes
  - Brass Band | iPod | Jet Taking Off | Drumline Rehearsal | Leaf Blower | Rock Concert

- **80-100 dBA**
  - 0-8 hours
  - Football Games | City Traffic | Hair Dryer | Chain Saw | Lawn Mower

- **0-80 dBA**
  - 0-12 hours
  - Dishwasher | Acoustic Guitar | Normal Conversation | Whisper | Rain Drops | Vacuum Cleaner

### Don’t Monkey Around with Damaging Decibels!

The original ear plugs!
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OUR MISSION

The mission of the New Orleans Musicians’ Assistance Foundation is to keep music alive by sustaining New Orleans musicians and tradition bearers in body, mind, and spirit. We do this through providing access to health and social services through the New Orleans Musicians’ Clinic (est. 1998), regardless of musicians’ ability to pay, and by fostering cultural opportunities that advocate for and support this effort.

1.1 billion young people worldwide are at risk of noise induced hearing loss.

– The World Health Organization (WHO)