

## Hearing, Vocal, and Musculoskeletal Health and Injury Prevention

Music majors, students enrolled in Music classes and ensembles, and faculty, are urged to study the following information and resources regarding risks associated with Music listening and performance.

Faculty and staff are urged to complete mandatory annual training modules in a timely fashion, and to utilize resources provided by the Office of Risk Management regarding their work environment.

Applied faculty and ensemble directors are urged to include information in their syllabi and to devote class time to make students aware of risks associated with performance of their instruments alone and in ensembles, and to address these risks in some detail as appropriate to the specific area.

Disclaimer: Health and safety depend in large part on the personal decisions of informed individuals. Institutions have health and safety responsibilities, but fulfillment of these responsibilities cannot and will not ensure any specific individual's health and safety. Too many factors beyond any institution's control are involved. Individuals have a critically important role and each is personally responsible for avoiding risk and preventing injuries to themselves before, during, and after study or employment at any institution.

**Hearing Health:** Applicable especially to students enrolled in Music classes that involve listening to recorded materials, to students participating in instrumental ensembles, and to solo performers of brass, percussion, or amplified instruments:

Hearing Conservation for Musicians:

[http://www.usg.edu/facilities/documents/Musician\\_Hearing\\_Loss.pdf](http://www.usg.edu/facilities/documents/Musician_Hearing_Loss.pdf)

**Vocal Health:** Applicable especially to students enrolled in vocal Music classes, lessons, and ensembles:

<http://www.dukehealth.org/repository/dukehealth/2010/12/22/13/57/10/0598/DVCC%20vocal%20health.pdf>

**Musculoskeletal Health:** Applicable especially to students who play instruments, but also to students, faculty, and staff who use computer keyboards:

<http://www.wcsu.edu/music/repetitivestress.pdf>