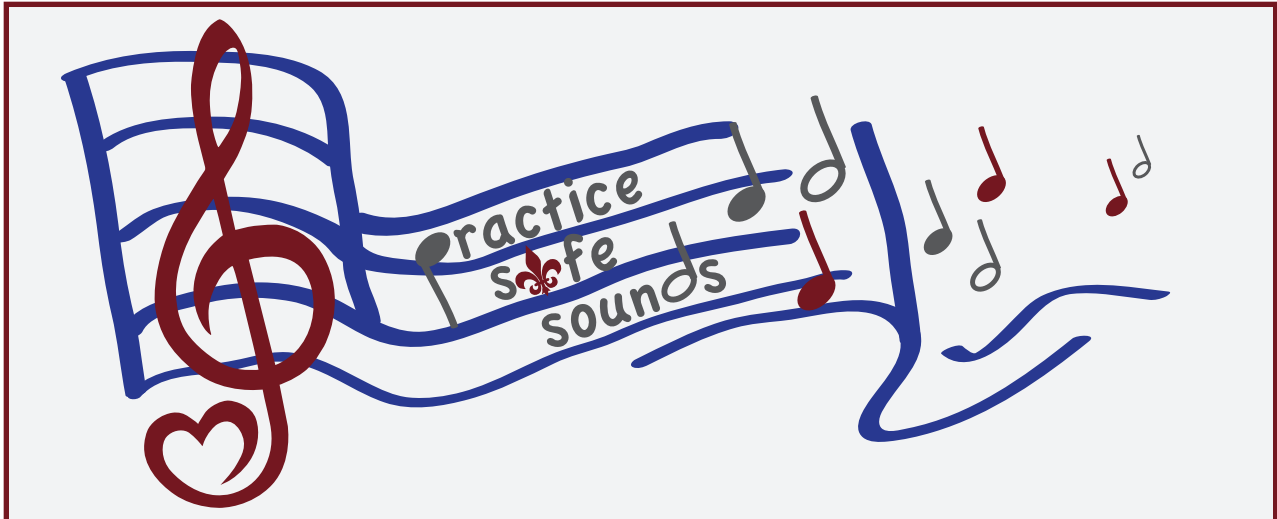


SAVE NEW ORLEANS SOUNDS INITIATIVE



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.

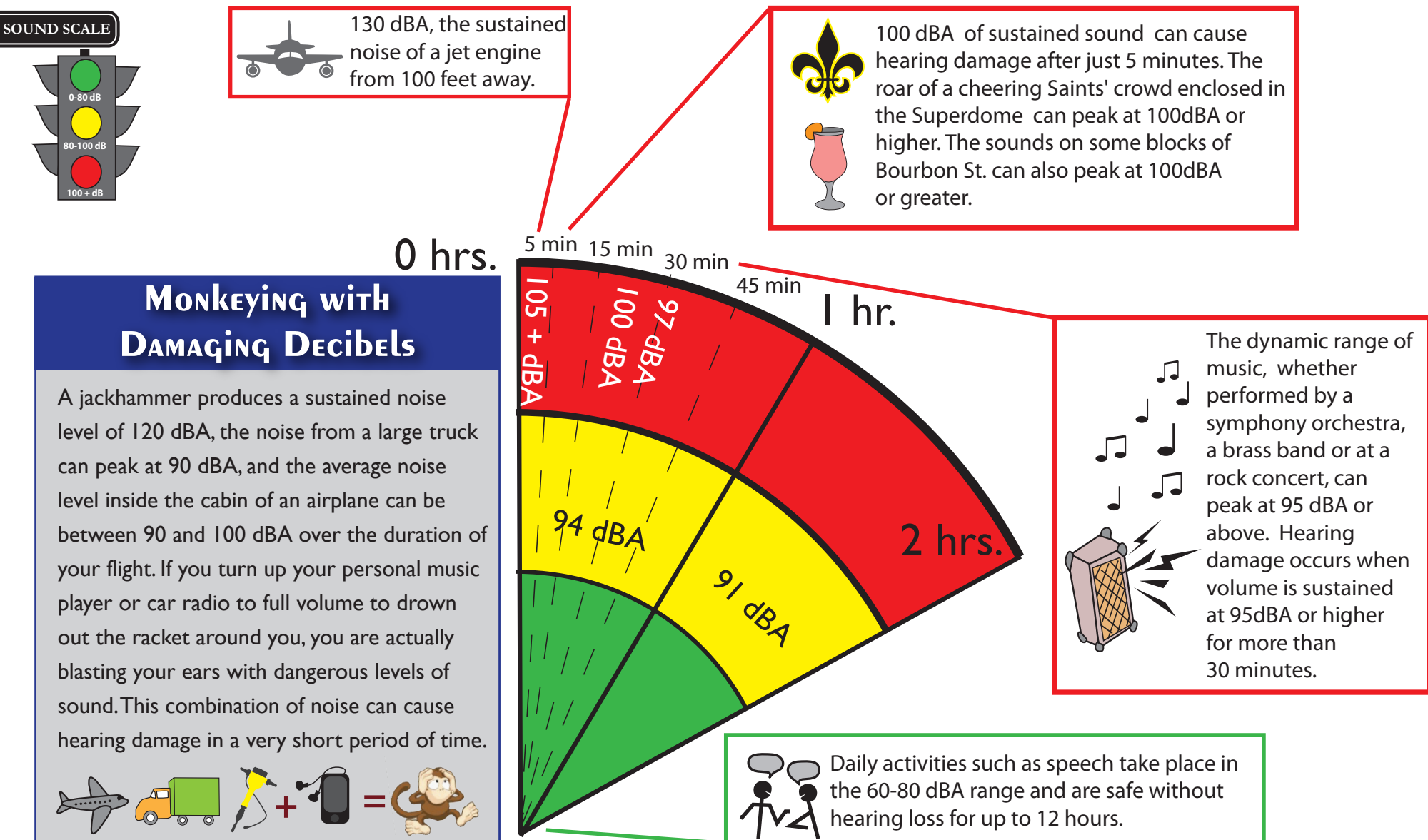
Factors That Affect Hearing Loss:

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

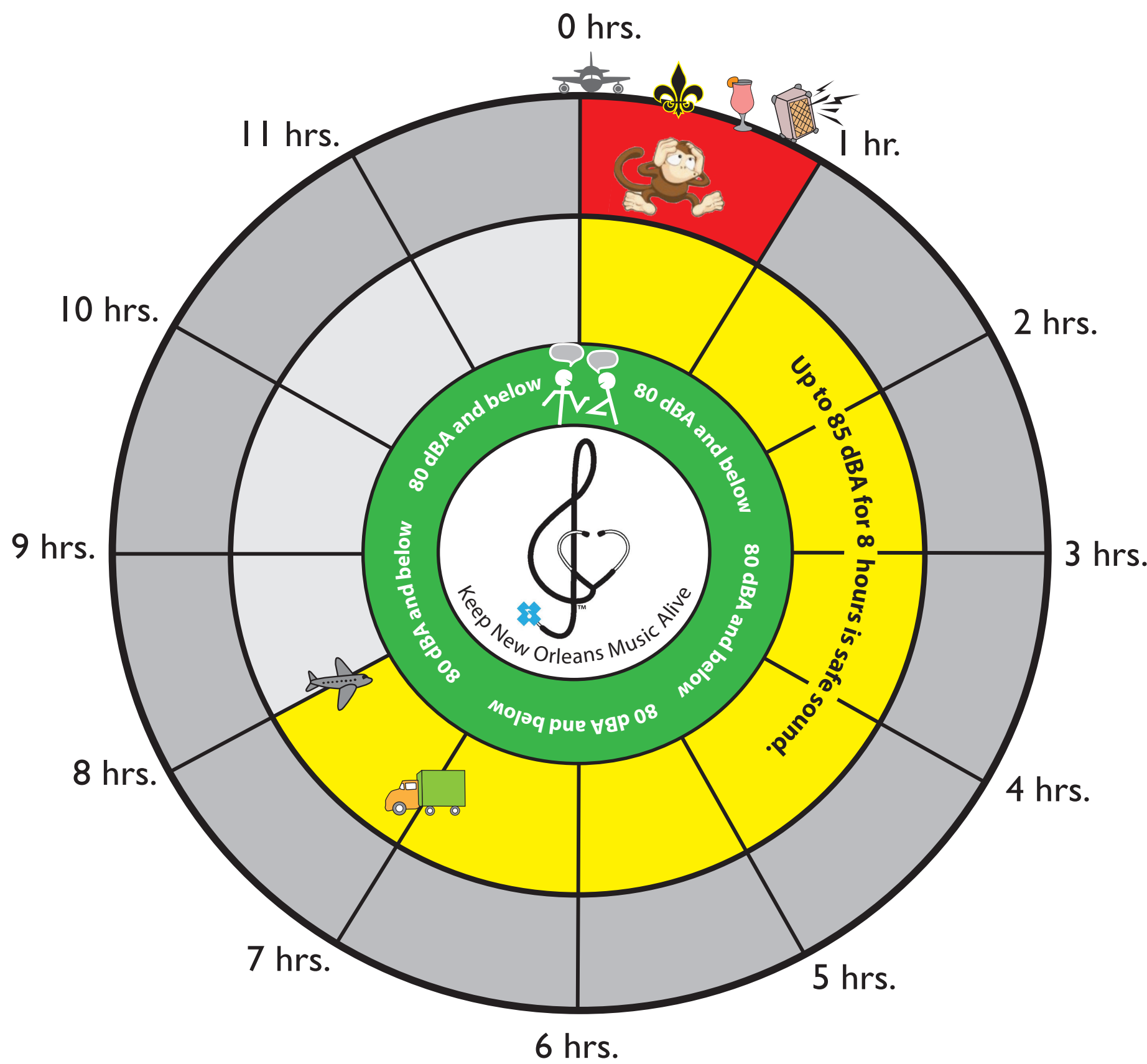
DANGEROUS DECIBELS (IN DETAIL)

Sounds above 85 dBA (decibels, a measurement of the loudness or strength of sound vibration) may cause damage to the delicate sensory cells of the inner ear, especially if the sound is very loud, or if it continues for a long time without a break. These cells may not recover; once they are dead, they are never replaced.

For further information, go to www.dangerousdecibels.org



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 dBA levels.
- Download** and **use** free cell phone apps to measure dBA 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.