

Hearing protection for instrumental music teachers and instructors

Musicians are exposed to high levels of sound through their instruments and amplifiers, so as a musician it is important to protect your ears from damaging noise levels.

Instrumental music teachers and instructors have been identified as being at risk of exposure to excessive noise and therefore are part of the department's Hearing Conservation Program.

Hearing Conservation Program

The Hearing Conservation Program is aimed at achieving the safe management of noise within a workplace. In response to the mandatory requirements of the [Work Health and Safety Regulation 2011 \(Qld\)](#), the Program includes audiometric assessments (hearing tests) upon appointment to the department and ongoing at two yearly intervals.

[Attune Hearing](#) is currently the approved provider to conduct the hearing tests for all departmental employees. Education and instruction regarding healthy hearing including the appropriate use of hearing protection will be provided by Attune Hearing when staff have their hearing test. More details about the program are provided in the [Hearing Conservation Program fact sheet](#)

Hearing protection

Hearing protection is an essential part of protecting a musician's hearing.

The Serenity Choice Music earplugs supplied as part of the Hearing Conservation Program will protect ears from irreversible damage without compromising the sound quality of music like traditional earplugs.

Traditional earplugs are made from foam or gel and are designed to simply block out noise, therefore they produce poor sound quality as they reduce the high pitch more than the low pitch sounds.

The Serenity Choice Music earplugs weaken or attenuate all pitches more evenly so the quality of the music is maintained with little-to-no distortion whilst protecting the wearers hearing from damaging noise levels. The plugs are durable and discrete and designed for all day comfort.

Small, medium and large size casings are included so the earplug can be customized for personal fit.



When do I wear the musician's earplugs?

- Student lessons – strings, percussion, brass, wind etc.
- All band rehearsals and live performances – stage band, concert band, brass orchestra, string orchestra etc.
- Special performances and practices – ANZAC day, open day, speech night, etc.



Cleaning the Serenity Choice Music earplugs

Wipe with a soft dry cloth or a tissue after use. Store in the case provided. If cleaned and stored correctly, it will reduce the chance of the earplugs casing degrading.

When will the musician's earplugs be replaced?

Every two years your hearing will be tested as part of the department's Hearing Conservation Program. Please take your earplugs to this appointment. After inspection the Audiometrist will determine whether they need to be replaced.

Lost earplugs?

It is important that your hearing is protected at all times. If you lose your earplugs, please advise by email to: hsw@qed.qld.gov.au

Noise Induced Hearing Loss is PREVENTABLE.

Once your hearing is gone it will never come back.

PROTECT your hearing - you won't get a second chance.

Further information

For information regarding exposure to noise, hearing protection and healthy hearing access the [Creating Healthier Workplaces website](#).

For hearing test appointments contact: Attune Hearing on 1800 344 677

For questions regarding the Hearing Conservation Program contact: hsw@qed.qld.gov.au