

Hearing Protection Selection

GOOD: Disposable or reusable standard push in ear plugs



PROS: Very inexpensive protection (\$0.30 – \$1.50 pr.), disposable or reusable, easy to insert and remove quickly

CONS: Can distort sound quality because higher frequencies are blocked better than lower frequencies, can provide too much protection



TIP: Look for noise reduction ratings (NRR) in the lower 20's



BETTER: Reusable, non-custom, high fidelity (flat attenuation) ear plugs

PROS: Flat attenuation preserves sound quality, many options at \$10-\$50 per pair

CONS: More expensive, comfort level not as high as custom



CUSTOM: Molded musician's ear plugs

UW SPEECH AND HEARING CLINIC
UNIVERSITY OF WISCONSIN-MADISON
GOODNIGHT HALL, 1978 WILLOW DRIVE
608-262-3951



The UW Speech and Hearing Clinic offers a custom evaluation and hearing conservation package for musicians. The musician's hearing evaluation includes evaluation of hearing at inter-octave frequencies, otoacoustic emission testing, and assessment of change in hearing if previous tests are available. The hearing conservation package includes an individualized consultation about hearing conservation in a music environment as well as **the selection and fitting of custom musician's ("concert") earplugs**. This program is offered at a discounted price of \$150 to students in the UW-Madison School of Music.