

Musical Instruments and Hearing

Can my child's musical instrument cause hearing loss?

Many instruments can cause hearing loss if played loudly for a long time. Below are the peak sound levels each instrument can make. Be aware that if your child plays in a band surrounded by other loud instruments, they may be at risk of hearing loss from their neighbor's instrument as well.



Safe without noise protection sometimes; musician's plugs recommended for extended periods of loud playing

Instrument	Oboe	Piano	Violin/ Viola	French Horn	Cello	Flute	Saxaphone
Peak Sound Level (dB)	90-102	84-103	82-105	90-106	85-111	100-112	90-113

Hearing protection is recommended when playing these instruments

Instrument	Trombone	Tuba	Clarinet	Trumpet	Percussion	Piccolo
Peak Sound Level (dB)	85-114	110-117	93-119	109-120	102-122	102-122

What are musician's plugs?

Reduces the volume of music without sacrificing sound quality. Can be ordered online, or custom plugs can be made by a hearing professional.



What are custom musician's in-the-ear monitors?

Allows the musician to hear the mixed sound through a performance venue's sound system at a safe listening level. Ideal for performing musicians in theaters and churches that utilize a sound mixing board.



**For custom hearing protection, call
Texas Children's Hospital Audiology
832-824-9322**