

Musician Health and Safety Resources

Musician Health and Safety

The School of Music is committed to fostering a safe and healthy environment for music study, teaching, rehearsal, performance, and listening. In accordance with the standards of the National Association of Schools of Music (NASM), the School provides students, faculty, and staff with basic information concerning the maintenance of health and safety within the contexts of musical practice, performance, teaching, and listening.

Music study and performance can involve physical, vocal, auditory, and physical demands. Awareness of healthy practice habits, hearing conservation, vocal wellness, injury prevention, and safe use of equipment can help reduce the risk of injury and contribute to lifelong musicianship. The resources below are provided for educational purposes and are intended to encourage informed decision-making regarding health and safety. They are not intended to replace the advice of qualified medical professionals.

Hearing Health

Exposure to high sound levels during practice, rehearsal, and performance may contribute to permanent hearing loss. Students, faculty, and staff are encouraged to become familiar with hearing conservation strategies and the appropriate use of hearing protection.

Resources

- NASM–PAMA Health Promotion Resources
<https://nasm.arts-accredit.org/resources/health-promotion/>
 - Basic Information on Hearing Health for Faculty and Staff (NASM/PAMA)
https://nasm.arts-accredit.org/wp-content/uploads/sites/2/2016/02/2_NASM_PAMA-Faculty_and_Staff_2011Nov.pdf
 - CDC/NIOSH – Reducing the Risk of Hearing Disorders among Musicians
<https://www.cdc.gov/niosh/docs/wp-solutions/2015-184/default.html>
 - OSHA – Occupational Noise Exposure
<https://www.osha.gov/noise>
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Vocal Health

Healthy vocal habits are essential for singers, conductors, teachers, and anyone who uses their voice extensively. Proper technique, hydration, adequate rest, and early recognition of vocal strain can help prevent injury.

Resources

- National Center for Voice and Speech
<https://ncvs.org/>
 - Performing Arts Medicine Association (PAMA)
<https://www.artsmed.org/>
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Musculoskeletal Health and Injury Prevention

Practicing an instrument or singing requires repetitive physical activity that may lead to overuse injuries if appropriate techniques are not followed. Good posture, proper ergonomics, regular breaks, stretching, and gradual increases in practice time can help reduce the risk of injury.

Resources

- Performing Arts Medicine Association (PAMA) – <https://www.artsmed.org/>
 - NASM–PAMA Health Promotion Resources – <https://nasm.arts-accredit.org/resources/health-promotion/>
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Practice and Performance Safety

Students and faculty should strive to maintain safe rehearsal and performance environments by:

- Using proper lifting techniques when moving instruments and equipment.
 - Keeping rehearsal rooms, studios, and stages free of unnecessary hazards.
 - Following all university policies regarding equipment and facility use.
 - Using appropriate hearing protection when warranted.
 - Reporting unsafe conditions to faculty or university personnel.
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Music Technology and Equipment Safety

When using recording studios, electronic equipment, lighting systems, computers, or amplification systems:

- Follow manufacturer instructions and School of Music policies.
- Do not use damaged electrical equipment.
- Secure cables to prevent tripping hazards.
- Report malfunctioning equipment immediately.
- Receive appropriate training before operating specialized equipment.

For general workplace safety guidance, see:

- CDC/NIOSH Workplace Safety Topics
<https://www.cdc.gov/niosh/topics/>
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Emergency Preparedness

All members of the School of Music community should familiarize themselves with:

- University emergency procedures.
- Building evacuation routes.
- Emergency contact information.
- Procedures for reporting accidents or injuries.

General first aid and emergency preparedness information is available from:

- American Red Cross – First Aid Training and Resources
<https://www.redcross.org/take-a-class/first-aid>
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Additional Resources

- NASM–PAMA Health Promotion Resources
<https://nasm.arts-accredit.org/resources/health-promotion/>
- Performing Arts Medicine Association
<https://www.artsmed.org/>
- National Center for Voice and Speech
<https://ncvs.org/>
- CDC/NIOSH – Hearing Health for Musicians
<https://www.cdc.gov/niosh/docs/wp-solutions/2015-184/default.html>

- OSHA – Occupational Noise Exposure
<https://www.osha.gov/noise>
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Questions

Questions regarding health and safety practices within the School of Music may be directed to:

School of Music Office

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