

Hearing Protection Recommended



Hearing loss is PERMANENT. Loud music CAN hurt you. Noise exposure above 90 dB for over one hour can have permanent implications for your hearing. Many people involved in the music industry play, track, mix, and master music at very high volume. Insidiously, after 30 minutes or so, your ears acclimatise to the high volume and then you tend to turn it up a notch! Unfortunately, this is also when you are doing the most damage to your ears. The harmful effects of noise are cumulative and can cause severe deafness and/or Tinnitus, which is the perception of an abnormal sound coming from inside your head, such as a ringing in your ears after being exposed to loud noise. The following are examples of available hearing protection. Whichever you chose, it should be as important part of your kit as your sticks and should be worn whenever you play drums or go to a loud disco or concert.

Comfort Fit Foam Ear Plugs

Planet Waves comfort fit foam ear plugs are made from slow recovery pvc foam, and provide a noise reduction rating of 29db. The soft foam plug equalizes the pressure within the ear canal as it expands, preventing shifting and discomfort.



Vic Firth Non-Powered Headphones

Protect your hearing with Vic Firth's Isolation Headphones. Cut damaging impact sound levels by 22db. Great for use during band practice or individual practice. Developed by Rod Morgenstein and Vic Firth.



Hearos Rock`n`Roll Plugs

Hearos Rock`n`Roll Plugs will protect your ears while still allowing you to hear the music. Made of soft, washable material, these plugs are reusable, providing comfort and protection no matter what you play or who you hear. Hearos Rock`n`Roll Series plugs come with a free light-weight carrying case.



Docs Pro Plugs

When fitted properly Doc's Proplugs protect against dangerous moderately loud high frequencies, yet they allow you to hear verbal communications and music with clarity. Doc's Proplugs attenuate about 20dB across the high frequencies from 2000 to 8000 Hz.



Alpine One Size Music Safe

The Alpine Music Safe pack includes two earplugs, two different filter sets, an insertion tube and a padded storage pouch. The earplugs are fitted with the purple filters. If a greater level of attenuation is required, use the yellow filters.



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