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Ways to Protect Your Hearing at Concerts

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Monica Motta (2020) is pursuing a degree in Music Industry Studies.

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WAYS TO PROTECT YOUR HEARING AT CONCERTS

Hearing damage can occur when the sound exceeds 85 dB. The average decibel level for a live show is between 100 and 140 dB. Wearing earplugs is necessary at concerts.

TYPES OF EARPLUGS



Foam

Foam earplugs are the most readily available and cheapest kind of universal fit earplugs.



\$5 - \$10



Disposal
One time use



Low-fidelity
Distorted sound



Flanged

Flanged earplugs offer several lips in a cone shape that create a seal in the ear canal for a universal fit.



\$10 - \$15



Months of use
Reusable



High-Fidelity
Can be uncomfortable



High-Fidelity

High-fidelity earplugs are designed for musicians/performers. The volume is reduced to a lower level.



\$15 - \$30



Months of use
Reusable



High-Fidelity
Clear sound



Custom

Custom earplugs are designed to produce a flat attenuation for clear sound that is safe and unique to your ears.



\$75+



Years of use
Durable



High-Fidelity
Comfortable

WHY PROTECT YOUR HEARING?

You risk severe hearing damage in a timeframe shorter than a standard concert, let alone a song. The longer you are exposed to levels that loud, the greater chance of hearing loss you have. Ear damage is irreversible, so prevention is key.