Subject: Re: Hearing loss
Posted by Adveser on Thu, 09 Dec 2010 22:51:28 GMT
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Like Shane hinted at, I think it takes being in a band that maxes out 150watt equipment to really do it. With commercial stereo recordings, i've endured up to 120db for long periods with no loss I can detect either through testing with a frequency generator or noticing anything.

Protecting yourself from environmental noise is the best way to protect your hearing. Roll up the car windows, which accounts for almost all left ear hearing loss here in the US. True enough to form they have the same problem on the right ear in England, for example.

If your ears don't ring after a half an hour, you have nothing to worry about at all.

90db is pretty loud. that being median volume is fine really. I am certainly not afraid of it peaking at 110-120db at all.

All I do is wear earplugs at band practice and nothing at all on my home stereo. I crank it up and have never had trouble with the tower speakers. Reference headphones are another story since the peaks and the average volume are pretty close together due to having a single driver per channel, as opposed to being three-way.

Some people have a low tolerance for ear pain like me, so I typically never get anything loud enough for my own enjoyment to damage my ears, again, headphones ring my ears just a little after many hours. It's just not fun to me to blare music. I go for a realistic SPL. I can tolerate a lot of noise in a band situation though because of the fidelity being 100%. I'm not someone that is bothered by lows vibrating cell tissue though. I enjoy the feeling of music conducting through my bones and everything.

I sing at over 100db, so there's not much I can do about that