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Subject: Deafness and Rock and Roll

Posted by [The Mother](#) on Tue, 23 Apr 2013 12:32:01 GMT

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It turns out that I should have listened to my mother, who frequently yelled, "Cut the music down before you make yourself deaf!" I'm far from completely deaf, and it's been more than a few years, but she was at least partially right. I have constant, fairly loud ringing in my ears and what the ENT calls "significant" hearing loss. The doctor agrees with mother, that loud music over several years could have laid the foundation for later hearing diminishment. Any one else out there from the "If the music's too loud, you're too old." generation?

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Subject: Re: Deafness and Rock and Roll

Posted by [audioaudio90](#) on Thu, 25 Apr 2013 12:16:29 GMT

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I used to listen to music pretty loudly and I still don't always wear ear protection when I should (like at air shows). However, during every day life I'm more conscious of my ears than I used to be, and hopefully that will be enough.

I'm sorry you are dealing with hearing loss.

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Subject: Re: Deafness and Rock and Roll

Posted by [Bill Wassilak](#) on Mon, 29 Apr 2013 23:24:26 GMT

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Yes it does happen, after doing live sound for many years, and back in the old days going to many concerts back in the 70's when they set up walls of speakers, you will suffer hearing loss. I can't really hear anything 13khz nowadays. That's why when I mix live sound I try to keep the spl's between 94-104db C-weighting (20-20khz) at the mix position.

OSHA rules on spl levels state that you can with stand 104db at A-weighting (500hz-20khz) for 4 hours at max before hearing damage sets in. My A-weighting at mix position average's 90-96db nowadays, 96-104db C-weighting so as to not make people deaf and not get the cops called on me for excessive SPL's.

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Subject: Re: Deafness and Rock and Roll

Posted by [The Noise](#) on Wed, 01 May 2013 00:31:54 GMT

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I'm from that generation as well. The only time I've subjected myself to loud noises is my home stereo or MP3 player. Not too loud for OSHA, but still pretty loud at times.

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