

**University of Rhode Island Music Department
Health and Safety Policies**

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URI's General Safety Policy states:

"Every member of the faculty, staff, and student body at the University is responsible for complying with established health and safety regulations, for taking necessary precautions to prevent injury to one's self and to others, for promptly reporting all accidents, injuries, hazardous conditions, practices, and operating procedures to the Environmental Health and Safety Office and for constantly practicing sound safety principles in whatever activities are undertaken on campus."

Health and Safety Mission Statement

The University of Rhode Island Music Department is committed to provide and maintain a safe and healthful environment for all staff, faculty, students and visitors in our Fine Arts facility through the implementation of a campus environmental health and safety program; to prevent accidents and injuries and to help each member of the University of Rhode Island Community to maintain a high standard of safety and health. The Music Department recognizes its obligation to employees and students alike, and in turn, expects them to discharge their assigned duties conscientiously in the safest manner possible and to respect the administrative authority to those directing these activities.

As such, every member of the faculty, staff and student body is responsible for complying with the established health and safety regulations, for taking the necessary precautions to prevent injury to one's self and to others, for promptly reporting all accidents, injuries, hazardous conditions, practices and operating procedures to the Department of Safety and Risk Management and for constantly practicing sound safety principles in whatever activities undertaken on campus. All music majors are required to enroll in MUS 300 Music Convocation. The first three class meetings are dedicated to orientation and presentations on health and wellness. These three 90 minute sessions will be facilitated by the chair of the music department with presenters from the university health services, counseling center and other health professionals. These orientations will include, but will not be limited to, demonstrations by certified professionals in audiology, nutrition and exercise, body mapping, Alexander technique, mixed martial arts, Tai Chi, Yoga, vocal health (NATS representative) and general overall wellness considerations.

Safety Responsibilities

Department Chair

Shall be familiar with the URI Safety Manual and support all safety related programs to ensure departmental compliance with the guidelines set forth by the safety program. The chair shall assume management responsibilities for the implementation of all departmental safety objectives, provides adequate training, conduct general walk-through of their department and promote safe work practices at all times. The chair will coordinate and facilitate health presentations and demonstrations to all music majors in MUS 300, Music Convocation, as listed in the Music Department Health and Safety Mission Statement.

Faculty/Staff/Facilities Coordinator/Supervisors

Shall ensure that all employees and students under their supervision adhere to all safety rules and are sufficiently trained to safely function in the work environment.

Employees

Shall adhere to all URI safety rules and regulations and report any hazardous work conditions, practices or injuries to their supervisor or Campus Safety and Police.

Students

Shall follow all safety instructions in the use of facilities, equipment and hazardous materials and report any hazardous conditions or practices to the appropriate faculty, staff member, facilities coordinator, supervisor or chair.

University of Rhode Island Music Department

**Directory - Quick Contact Phone Numbers and Websites
URI Health and Safety Websites and Services**

URI Campus Emergency Numbers - 401-874-2121 or 911

<http://www.uri.edu/home/dir/contact.html>

<http://www.uri.edu/publicsafety/EnvironmentalHealthSafety.html>

<http://health.uri.edu>

<http://www.uri.edu/counseling/>

<http://www.uri.edu/publicsafety/documents/GeneralSafetyPolicy.pdf>

<http://www.uri.edu/safety/homepage/policies/Safety%20&%20Risk~Food%20&%20Vendor%20Policies2.pdf>

<http://www.uri.edu/publicsafety/EnvironmentalHealthSafety.html>

<http://www.osha.gov/oskdir/ri.html>

Protecting Your Hearing Health

An NASM – PAMA

Student Information Sheet on Noise-Induced Hearing Loss

- Hearing health is essential to your lifelong success as a musician.
- Your hearing can be permanently damaged by loud sounds, including music. Technically, this is called Noise-Induced Hearing Loss (NIHL). Such danger is constant.
- Noise-induced hearing loss is generally preventable. You must avoid overexposure to loud sounds, especially for long periods of time.
- The closer you are to the source of a loud sound, the greater the risk of damage to your hearing mechanisms.
- Sounds over 85 dB (your typical vacuum cleaner) in intensity pose the greatest risk to your hearing.
- Risk of hearing loss is based on a combination of sound or loudness intensity and duration.
- Recommended maximum daily exposure times (NIOSH) to sounds at or above 85 dB are as follows:
 - 85 dB (vacuum cleaner, MP3 player at 1/3 volume) – 8 hours
 - 90 dB (blender, hair dryer) – 2 hours
 - 94 dB (MP3 player at 1/2 volume) – 1 hour
 - 100 dB (MP3 player at full volume, lawnmower) – 15 minutes
 - 110 dB (rock concert, power tools) – 2 minutes
 - 120 dB (jet planes at take-off) – without ear protection, sound damage is almost immediate
- Certain behaviors (controlling volume levels in practice and rehearsal, avoiding noisy environments, turning down the volume) reduce your risk of hearing loss. Be mindful of those MP3 earbuds. See chart above.
- The use of earplugs and earmuffs helps to protect your hearing health.
- Day-to-day decisions can impact your hearing health, both now and in the future. Since sound exposure occurs in and out of school, you also need to learn more and take care of your own hearing health on a daily, even hourly basis.
- It is important to follow basic hearing health guidelines.
- It is also important to study this issue and learn more.
- If you are concerned about your personal hearing health, talk with a medical professional.
- If you are concerned about your hearing health in relationship to your program of study, consult the appropriate contact person at your institution.
- This information is provided by the National Association of Schools of Music (NASM) and the Performing Arts Medicine Association (PAMA). For more information, check out the other NASM-PAMA hearing health documents, located on the NASM Web site at the URL linked below.
http://nasm.arts-accredit.org/index.jsp?page=NASM-PAMA_Hearing_Health

General Health Consideration

To be at our best as performers it is imperative that we maintain a healthy lifestyle. Physical, Mental and Emotional health are essential to your success as a student and musician.

Yoga, Tai Chi, swimming, walking, biking, aerobic exercises, moderate weight training are all excellent activities to maintain good physical health.

Consider doing these with friends.

Companionship and Healthy Relationships are naturally nurturing and supportive.

A 5k Walk/Run support health and are often organized around a good cause. You'll feel good being a good citizen.

Proper sleep and good nutrition

Get enough sleep and don't overeat!

Eat Plenty of Fruits, Vegetables and Grains – Avoid processed foods and beverages

Stay Hydrated 80 to 100 ounces of water a day

Avoid – Smoking, Alcohol, Caffeine, Soft Drinks

Don't use Illicit Drugs

Don't abuse prescription or over the counter drugs

Wash your hands regularly, limit contact with surfaces in public and disinfect hands after sneezing, coughing or touching surfaces that might collect germs. Be conscientious in keeping your musical instruments clean.

In terms of vocal health be aware of over use. Practicing, rehearsing and performing time should be balanced on a daily basis. Any excessive use of the voice should be avoided.

Exposure to excessive noise for any extended period of time should be avoided.

Use the free ear protection distributed by the Music Department at the first MUS 300, Music Convocation of the school year when practicing or performing especially in larger ensembles. The music office maintains a supply of individually wrapped ear buds. These ear buds are free of charge for students and faculty.

Refer to the Music Department Handbook and/or website for this and other information regarding health and safety issues. The University Manual and website also maintains health and safety policies and standards.

MUSIC HEALTH AND SAFETY

Instrumentalists: There are many potential injuries that are related to playing an instrument, most of which are caused by overuse, repetitive strain, poor posture and improper positioning of the body, arms, legs, hands, fingers, etc. It is very important to consult a doctor if you are experiencing aches and pains or if you feel you're in danger of serious injury. Listed below are some of the most common injuries experienced by instrumentalists:

- *Carpal Tunnel Syndrome: characterized by a tingling sensation or numbness of the thumb, index and middle finger.
- *Tendinitis: inflammation or irritation and the tendons due to overuse or wrong posture/position.
- *Bursitis: inflammation or irritation of tendons, muscles or skin.
- *Quervain's Tenosynovitis: characterized by pain on the inside of the wrist and forearm.
- *Thoracic Outlet Syndrome: may be either neurological or vascular; characterized by pain, swelling or puffiness in the arms and hands, neck and shoulder pains, muscle weakness, difficulty gripping objects, muscle cramps and tingling or numbness in the neck and shoulders.
- *Cubital Tunnel Syndrome: pain in the upper extremity such as the arm and elbow.

Observe the following:

- *Always warm up carefully and with patience.
- *Take short breaks throughout your practice and rehearsal sessions to relax and stretch.
- *Routinely evaluate your technique and pay attention to your body.
- *Routinely evaluate your other activities (such as computer usage, etc.).

Instrument Hygiene: Sharing of instruments is routine in music schools where students practice and perform on borrowed instruments throughout the year. Certain basic considerations and recommendations for standard operating procedures regarding shared instruments are as follows:

- *All students should have their own instrument if possible.
- *All students should have their own mouthpiece if possible.
- *All students and faculty sharing reed instruments MUST have their own individual reeds. Reeds should NEVER be shared.
- *If instruments must be shared in class, alcohol wipes or Sterisol germicide solution be available for use between different people. Each user must understand that regular cleaning of these musical instruments is required in order to practice proper hygiene.

Singers: Warm up the body prior to singing with special attention to release for head and neck, jaw, tongue and face muscles. Train your voice to meet the workload your singing demands. Develop stamina through regular vocal strength and endurance training guide by your instructor.

Prevent vocal abuse:

- *Avoid smoking of any kind. Super heated chemically charged smoke passes directly over the vocal folds.
- *Avoid excessive loud talking, harsh laughter, yelling, and noisy environments.
- *Avoid cold medications containing pseudoephedrine as it can contribute to dehydration. NSAID pain relievers pose potential problems for singers, as does alcohol consumption, especially red wine.
- *Avoid overuse: practice in short, efficient sessions. If you feel your voice is tired, STOP SINGING and rest for today. If you "mark" your rehearsal when ill, you can be more certain you will be able to sing well for the performance.
- *Stop singing before you tire. Good, efficient habits are reinforced in this way.