

## Musician Health & Safety

The National Association of Schools of Music (NASM) and the Performing Arts Medicine Association (PAMA) have developed comprehensive guidelines for protecting hearing health and neuromusculoskeletal/vocal health for developing musicians. These associations have put together helpful resources to provide students with information about such risks as a music student, recommendations for precautions, and resources for support of overall health as a music professional.

Protect Your Hearing Everyday

Neuromusculoskeletal Health

Vocal Health