

## HEALTH, SAFETY, and WELLNESS in the D'ANGELO DEPARTMENT OF MUSIC

Students enrolled in D'Angelo Department of Music programs, including minors and non-majors in our ensembles, as well as department faculty and staff, must be provided basic information about maintenance of health and safety within the contexts of practice, performance, teaching, and listening. (National Association of Schools of Music Standards)

**All music majors, minors, non-majors in our ensembles, and faculty should review the following information and links carefully:**

From the NASM Handbook, I.F.1.i.: “Health and Safety depend in large part on the personal decisions of informed individuals. Institutions have health and safety responsibilities, but the fulfillment of these responsibilities cannot and will not ensure any specific individual's health and safety. Too many factors beyond any institution's control are involved. Individuals have a critically important role and each is personally responsible for avoiding risk and preventing injuries to themselves before, during, and after study or employment at any institution.”

The music unit addresses issues of health and safety, hazards, and procedures inherent in practice, performance, teaching, and listening in various ways. Health and safety policies will be covered in the first freshmen music major meeting of the Fall Semester, as well as in one Student Forum each semester (department convocation hours on T 12:45-1:45pm).

Equipment and instruments, particularly in rehearsal rooms and on our stages, are to be returned to assigned areas at the end of each class, rehearsal, or performance. Policies have been developed to ensure proper safety involving the stage and backstage areas of the Walker Recital Hall and Mary D'Angelo Performing Arts Center. In the backstage area of Walker Recital Hall, the blue-taped zones must be kept free of any objects due to fire code. On stage right, the smart podium must not block the fire extinguisher or exit door. Students whose work study duties are assigned to lighting and sound recording for concerts are additionally instructed on proper safety procedures when handling and using equipment. General student access to the control booth and other backstage areas of the hall is restricted.

Use of all department equipment, technology, and facilities requires permission of the music faculty. Students may not move pianos in D'Angelo Music Building, Walker Recital Hall, or Mary D'Angelo Performing Arts Center without faculty supervision or prior training as part of the Production Crew. Student percussionists in the Wind Ensemble, Jazz Ensemble, and Civic Orchestra may not move percussion equipment from the Marchant Ensemble Room to the Mary D'Angelo Performing Arts Center, Taylor Little Theatre, or Walker Recital Hall without prior experience or training.

When moving percussion equipment from the Marchant Ensemble Room to any of our performing venues—Mary D'Angelo Performing Arts Center, Walker, Taylor—the utmost care and caution must be taken ascending and descending the D'Angelo stairwells. The stairwell on the north end of the building (closest to Hirt Building) is the safer of the two, as it's much wider; however the other stairwell on the south end of the building might be preferred for some equipment due to the extra landing. Certainly, the orchestra chimes **MUST** be moved via the north stairwell.

**Orchestra chimes:** Four people **MUST** always move these. Tip it over. Two people should be on one end; two people should be on the other end. Carry it up and down the steps like a coffin.

**Timpani:** At least two people **MUST** move each timpani. Sometimes three is helpful for the largest timpani.

**Marimba:** Two people MUST always move this.

**Xylophone:** Two people MUST always move this.

**Bass drum:** Two people MUST always move this.

**Gong:** Two people MUST always move this.

**Drum set:** any percussionist is able and trained to transport components of the drum set. The largest 1 or 2 pieces will need two people to transport.

#### D'Angelo Fire Extinguishers, Safety Lights, and Security Cameras

The D'Angelo Music Building has two fire extinguishers on the lower level, two on the main level, and one on the upper level. It is equipped with safety lights on each floor should the power go out, and there are security cameras installed on each floor level.

#### D'Angelo Hours

The D'Angelo Music Building is unlocked daily from 7:00am to 11:00pm. Students who enter before 11:00pm are permitted to stay in the building and practice as late as they want.

#### D'Angelo Practice Room Safety

All D'Angelo practice rooms are capable of being locked for students' safety. Any windows opened in a practice room must be closed upon leaving the room, which helps protect the tuning and condition of the pianos and helps keep the building's HVAC system operating properly.

Students are reminded of the health and wellness resources on Attendance Requirement

Blackboard→Additional Resources for Music Majors→Health, Safety, and Wellness→POLICY: Health, Safety, and Wellness in the D'Angelo Department of Music.

Below are a variety of links to information and resources related to Musician Health and Wellness. Students should notify their ensemble director of any acoustic and health-related conditions present in practice, rehearsal, and performance facilities

#### GENERAL MUSICIAN HEALTH AND WELLNESS

[Division of Sleep Medicine – Harvard Medical School](#)

[National Association for Music Education – Health in Music Education](#)

[Academy of Nutrition and Dietetics](#)

[Peabody Institute – Health for Performing Artists](#)

[Peabody Institute – Injury Prevention Education](#)

[Peabody Institute – Performance Health Resources](#)

[Peabody Institute – Playing Well Instructor-Led](#)

[National Association of Schools of Music – Health Advisories](#)

[Performing Arts Medical Association \(PAMA\)](#)

[Preventing Injury for Instrumental Musicians – MajoringinMusic.com](#)

[Overuse Injury in Musicians, George Mason University](#)

[Wellness at Mercyhurst](#)

[Mercyhurst Cohen Student Health Center](#)

## HEARING SAFETY INFORMATION

[American Speech-Language-Hearing Association – Hearing Loss Prevention](#)

[University of Pittsburgh Audiology and Speech-Language Pathology](#)

[CDC Grand Rounds: Promoting Hearing Health Across the Lifespan](#)

[Comprehensive Decibel Chart of Common Sound Sources](#)

[OSHA – Occupational Noise Exposure](#)

[Page, Todd, Sweetwater.com, The Musician’s Guide to Hearing Protection](#)

## MUSCULOSKELETAL HEALTH INFORMATION

[Alexander Technique – The Complete Guide](#)

[Conable, Barbara. \*What Every Musician Needs to Know about the Body\*](#)

[Malde, Melissa, et al. \*What Every Singer Needs to Know about the Body\*](#)

[Mark, Thomas. \*What Every Pianist Needs to Know about the Body\*](#)

[National Institute of Health – Neuromuscular & Musculoskeletal Problems in Instrumental Musicians](#)

[National Institute of Health – Playing Related Musculoskeletal Disorders in Musicians](#)

## VOCAL HEALTH

[American Academy of Otolaryngology – World Voice Day April 16](#)

[Texas Voice Center – Advice for the Care of the Voice](#)

## PSYCHOLOGICAL WELL-BEING and ADDICTION SERVICES

[CDC – Promoting Mental Health and Well-Being in Schools](#)

[Gallwey, W. Timothy. \*The Inner Game of Tennis\*](#)

[Green, Barry. \*The Inner Game of Music\*](#)

[American Psychological Association – Articles](#)

[WebMD Anxiety Disorder Center](#)

[Drug Treatment Center Finder](#)

[The Art of Practicing Institute](#)

[Treatment Facilities in Pennsylvania Directory](#)

[Mercyhurst Counseling Center](#)

[Mercyhurst Police and Safety](#)