



# Resources for Health and Safety Issues

## Resources Available in Bowld Music Library

### Musicians – Health and Hygiene

Alcantara, Pedro de. *Indirect Procedures: A Musician's Guide to the Alexander Technique*. Oxford: Clarendon Press, 1997. RC965.P46 A43 1996

Klickstein, Gerald. *The Musician's Way: A Guide to Performance, Practices and Wellness*. New York: Oxford University Press, 2009. MT75.K55 M8 2009

### Voice – Care and Hygiene

Brodnitz, Friedrich S. *Keep Your Voice Healthy: A Guide to the Intelligent Use and Care of the Speaking and Singing Voice*. 2nd ed. Boston: Little, Brown, 1988. RF465 .B75 1988

Davies, D. Garfield. *Care of the Professional Voice: A Management Guide for Singers, Actors, and Professional Voice Users*. Oxford: Butterworth Heinemann, 1998. RF511 .S55 D38 1998

Lieberman, Julie Lyonn. *The Vocalist's Guide to Fitness, Health and Musicianship*. Woodstock, NY: Homespun Tapes, 1991. MT1.L53 V6 1991 [videotape]

Sataloff, Robert Thayer. *Vocal Health and Pedagogy*. 2nd ed. 2 vols. San Diego: Plural Pub., 2006. RF510.S28 V62 2006

Wingate, Judith M. *Healthy Singing*. San Diego: Plural Pub., 2008. MT821.W55 H4 2008

### Keyboard Players – Health and Hygiene

Mark, Thomas Carson. *What Every Pianist Needs to Know About the Body: A Manual for Players of Keyboard Instruments*. Chicago: GIA Pub., 2003. ML3820.M37 W4 2003

Zinn, Marcie. *Healthy Piano Playing: A Revolutionary Guide to Self-Discovery at the Piano*. St. Charles, IL: Affordable Visions Pub., 1995. MT220.Z56 H4 1995

Zinn, Marcie. *Relaxation at the Piano*. St. Charles, IL: Musicians' Stress Management, 1996. MT221 .Z56 R4 1996 SUPPL.1-2 / MT221.Z56 R4 1996 TAPE 1-3

### Journal

*Medical Problems of Performing Artists*, vol. 1 - (Philadelphia: Hanley & Belfus, 1986 - )

## Online Resources

### Health and Safety Standards Organizations

American National Standards Institute  
([www.ansi.org/](http://www.ansi.org/))



The National Institute for Occupational Safety and Health  
([www.cdc.gov/niosh/](http://www.cdc.gov/niosh/))

Occupational Safety and Health Administration  
([www.osha.gov/](http://www.osha.gov/))

### **Organizations Focused on Hearing Health**

American Academy of Audiology  
([www.audiology.org/Pages/default.aspx](http://www.audiology.org/Pages/default.aspx))

American Academy of Otolaryngology – Head and Neck Surgery  
([www.entnet.org/index.cfm](http://www.entnet.org/index.cfm))

American Speech-Language-Hearing Association  
([www.asha.org/](http://www.asha.org/))

Athletes and the Arts  
(<http://athletesandthearts.com/>)

Dangerous Decibels  
([www.dangerousdecibels.org](http://www.dangerousdecibels.org))

House Ear Institute  
(<https://hei.org/>)

National Institute on Deafness and Other Communication Disorders  
([www.nidcd.nih.gov/health/hearing/noise.html](http://www.nidcd.nih.gov/health/hearing/noise.html))

National Hearing Conservation Association  
([www.hearingconservation.org/](http://www.hearingconservation.org/))

### **Other Organizations**

British Association for Performing Arts Medicine  
(<http://www.bapam.org.uk/>)

Health Promotion in Schools of Music  
(<http://www.unt.edu/hpsm/>)

International Foundation for Performing Arts Medicine  
([www.ifpam.org](http://www.ifpam.org))

Musicians and Injuries  
(<http://rsi.unl.edu/music.html>)

Performing Arts Medicine Association (PAMA)  
([www.artsmed.org](http://www.artsmed.org))