

International Hazard Datasheet on Occupation

Drummer

What is a Hazard Datasheet on Occupation?

This datasheet is one of the international Datasheets on Occupations. It is intended for those professionally concerned with health and safety at work: occupational physicians and nurses, safety engineers, hygienists, education and information specialists, inspectors, employers' representatives, workers' representatives, safety officers and other competent persons.

This datasheet lists, in a standard format, different hazards to which drummers may be exposed in the course of their normal work. This datasheet is a source of information rather than advice. With the knowledge of what causes injuries and diseases, is easier to design and implement suitable measures towards prevention.






Who is a drummer?

A drummer is a musician who performs multi-percussion music most generally on a drum set that consists of a bass drum, a floor tom, tom-toms, a snare drum, hi-hats, a ride cymbal, and a crash cymbal, although other struck musical instruments of various sizes and shapes may also be used.

What is dangerous about this job?

- Suffer from neuromuscular and repetitive strain injuries that result from forceful exertion of the muscle-tendon units in the wrists and hands.
- Exposure to loud noise levels that may lead to noise-induced hearing loss.
- May be subject to awkward body postures for prolonged periods of time.
- May be subject to electrical hazards
- Subject to slips, trips, and falls.
- May suffer from fatigue
- Exposure to poor indoor air quality.

Hazards related to this job

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| Accident Hazards  | Trip hazards from equipment, props, wiring on the ground, wet or slippery floors, and/or working under dark lighting. | 1 2 |
| | Danger of falls when carrying heavy equipment and/or instruments. | 3 |
| | Exposure to electrical shock due to defective equipment. | 4 |
| | Danger of falling tools and other objects from above during set-up. | 5 |
| | Car accidents while traveling. | 5 6 |
| | Cuts or burns from on-stage pyrotechnics or other hazardous performance props. | 7 |
| Physical Hazards  | Ocular damage from performance laser use. | 7 |
| | Exposure to noise: sound levels can exceed 100 dBA. | 8 |
| | Exposure to heat in poorly ventilated venues or small cramped performance areas. | 9 |
| | Exposure to heat and/or radiation from strong stage lights, pyrotechnics, and lasers. | 7 |
| | Exposure to the weather in outdoor performances (low/high air temperature, rain, wind, snow) that can lead to acute or chronic disease. | 10 |
| | Exposure to UV radiation from the sun in outdoor performances. | 10 |
| Chemical Hazards  | Secondary exposure to paint fumes and other materials used for props may occur. | 9 |
| | Secondhand smoke exposure. | 9 |
| | Exposure to dusts and asbestos. | 9 |
| Biological Hazards  | Exposure to mold may occur in poorly maintained performance spaces. | 9 |
| | Communicable diseases from other group members, fans, and the press. | 11 |
| | Increased exposure to foodborne illnesses when traveling. | 11 |
| Ergonomic, Psychosocial and Organizational Factors  | Musculoskeletal injuries from working in prolonged or awkward positions. | 12 |
| | Repetitive strain injuries from hand-wrist percussive forces. | 12 |
| | Psychological problems from stage fright, abnormal working hours, poor sleep, financial stress. | 13 |
| | Burnout from traveling, long rehearsals, and constant performances. | 13 |
| | Problems of interpersonal relationships with other musicians in the group and due to time away from family. | 13 14 |
| | Workplace violence from bandmates or inebriated individuals. | 13 14 |

Preventive measures

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| 1 | Wear safety shoes with non-skid soles. |
| 2 | Clear pathways and make sure walking areas are uncluttered. |
| 3 | Learn and use safe lifting and moving techniques for heavy or awkward loads; use mechanical aids to assist in lifting. |
| 4 | Check electrical equipment for safety before beginning work. Call a qualified electricity technician to examine suspect equipment. |
| 5 | Preventative maintenance and proper planning. |
| 6 | Make sure the body and mind is well rested before stressful performances and before traveling. |
| 7 | Wear appropriate personal protective equipment according to the performance set-up. |
| 8 | Wear hearing protection appropriate for the noise levels and type of noise - consult the supplier or an expert. |
| 9 | Install effective exhaust ventilation and air conditioning to prevent air contamination and heat stress. |
| 10 | Wear sunscreen and weather-appropriate clothing. |
| 11 | Ensure proper hand hygiene and up-to-date on vaccinations. |
| 12 | Take frequent "rest and exercise pauses" if symptoms or RSI manifest themselves; do NOT overexert a wrist, shoulder, or other body part if you feel pain there. Consult an occupational physician or nurse. |
| 13 | Seek psychological or vocational advice if experiencing work-related stresses or burnout. |
| 14 | Select a shiftwork schedule that would have the least harmful effect on the employee's health, family and personal life - consult employees and a specialist in shift scheduling. |

Specialized Information

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| Synonyms | Percussionist; instrumentalist; musician; rhythmist; timpanist |
| Definitions and/or description | Dictates and adjusts tempo, suggest dynamic range through examples, directs or warns of upcoming double bars in the music via fills, reinforces and controls the dynamics and articulation of section figures, signals endings, complements the other instruments and vocals |
| Related and specific occupations | Concert group; jazz group; orchestral musician; small ensemble musician; music education; band director; professional percussionist; music therapy; music composer; music arranger |
| Tasks | Timekeeping; accompanying; equipment set-up; hitting; playing; singing; talking; shouting; tapping |
| Primary equipment used | Bass drum with pedal; snare drum; hi-hat; ride cymbal; tom-toms; floor tom; crash cymbals; drum sticks |
| Workplaces where the occupation is common | Concert halls, small performance venues (e.g. auditoriums, bars), outdoor performance spaces, schools and universities, recording studios, rehearsal spaces |
| References | <ul style="list-style-type: none"> • Encyclopaedia of Occupational Health and Safety, 4th Ed., ILO, Geneva, 1998, Vol.3, p. 96.23 – 96.27. • Lederman RJ and Calabrese, LH: "Overuse Syndromes in Instrumentalists." Medical Problems of Performing Artists (Mar 1986). "Horn, Percussion, Orchestral Players at Highest NIHL Risk". Occupational Health and Safety. 29 Sep. 2011. • Voivodas, K. (2013, Nov. 24). Email interview. |