

PROTECT YOUR EARS.

The DJ's hearing toolkit — audiologist checklist, earplug brands, and the habits that actually work.

WHAT'S INSIDE

- 01 The five habits that protect your hearing behind the booth.
- 02 The audiologist appointment checklist — what to ask, what to test.
- 03 Custom musician's earplug brands — India + international.
- 04 Warning signs to watch for. When it's time to see someone.

READ THIS FIRST

This is awareness content — not medical advice. Your ears are unique. If you have persistent ringing, muffled hearing, or any concern at all, don't self-diagnose from a PDF. See a qualified audiologist or ENT.

AWARENESS — NOT MEDICAL ADVICE.

For any real concern about your hearing, consult a qualified audiologist or ENT.

THE FIVE HABITS.

None of these are hard. All of them are the difference between a career and an early exit.

01 WEAR FLAT-RESPONSE EARPLUGS EVERY SET

Not foam plugs from the pharmacy — those muffle the top end and ruin your mix. Musician's earplugs (see page 03) drop volume evenly. Same music, quieter.

02 MONITOR AT LOWER LEVELS

The loudest DJ in the booth is usually the drunkest. Point the monitor at your ear, not straight up. If you can hear the crowd's response, your monitor is loud enough.

03 TAKE BREAKS BETWEEN SETS

Even 10 minutes in a quiet green room lets your hearing sensitivity reset. On long nights, split your set into two halves and step out between them if you can.

04 GET A BASELINE HEARING TEST

Once at an audiologist. Then re-check yearly. You cannot protect what you cannot measure. The test takes 30 minutes and is often covered by health insurance.

05 RESPECT THE RINGING

Ringing after a set is your ears asking for help. If it lasts more than 24 hours, or you get it after every gig, it's time to see someone.

REMEMBER

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CUSTOM EARPLUGS.

Musician's earplugs — flat-response, same music quieter. Where to actually buy them.

OFF-THE-SHELF · START HERE

AVAILABLE EVERYWHERE · ~₹1,500–5,000 / \$20–60

ALPINE MUSICSAFE PRO

Dutch brand, three interchangeable filters (from -16 to -22 dB).

Widely stocked. Amazon India, Amazon global, Bhargavas Musical (Bangalore), Furtados.

ETYMOTIC ER20XS

US brand, single filter at -20 dB. Excellent flat response.

Amazon global. In India via imported-audio dealers or Etymotic authorised resellers.

EARPEACE MUSIC PRO

US brand, three filters (-11, -16, -19 dB). Very discreet.

Amazon global. In India through specialty audio importers.

LOOP EXPERIENCE

Belgian, -18 dB, popular with festival crowds and DJs.

loopearplugs.com ships globally including India. Also on Amazon India.

CUSTOM-MOULDED · BEST-IN-CLASS

REQUIRES EAR IMPRESSIONS · ~₹12,000–25,000 / \$150–400

ACS PRO SERIES

UK-based, industry standard for touring musicians.

In India: ear impression at any qualified audiologist, order shipped through ACS distributors.

ELACIN ER (MUSICIAN'S SERIES)

Netherlands. Interchangeable filters at -9, -15, -25 dB.

In India: Bhargavas (Bangalore), Furtados, or any audiologist who takes custom impressions.

VIBES HI-FI (CUSTOM VERSION)

US brand, custom-moulded upgrade to their off-the-shelf plug.

Order direct from vibesearplugs.com. Ships globally.

NOTE

Not sponsored. Prices are indicative and vary by region and reseller. Fit matters more than brand — try a few.

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SEE SOMEONE.

The checklist for your first audiologist appointment. And when to skip the wait and go.

GO NOW IF ANY OF THESE ARE TRUE

- Ringing (tinnitus) that lasts more than 24 hours after a gig, or is now permanent.
- Muffled hearing that doesn't come back within a day of the set.
- Sudden sensitivity to normal-volume sound (hyperacusis).
- Struggling to hear the top end of your own set or losing detail in your mixes.
- Any pain, pressure, or dizziness in your ears.

AT YOUR APPOINTMENT — ASK FOR

PURE-TONE AUDIOMETRY

the standard baseline hearing test. Measures your thresholds across frequencies.

HIGH-FREQUENCY AUDIOMETRY

goes above 8 kHz, where DJ-related damage shows up first. Ask for it specifically.

OTOACOUSTIC EMISSIONS (OAE) TEST

detects early inner-ear damage before you notice it yourself.

TINNITUS ASSESSMENT

if you've had ringing, ask them to characterise it — pitch, volume, pattern.

CUSTOM EARPLUG IMPRESSIONS

if you're serious about custom moulds, most audiologists can take impressions on the same visit.

THE TOOLS CAN BE REPLACED.

THE EARS CAN'T.

Back up every set. Insure every controller. Once — just once — test your hearing.

MORE FROM THE RIDER → @THEVICFIX

No.01 — The Cover Nobody Buys (health insurance for DJs)

No.03 — The Cut Nobody Explained. (TDS + invoice template)

No.04 — The One-Page Contract. (booking sheet, India + global)

THE ONE LINE THAT MATTERS

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