



VOCAL HYGIENE GUIDELINES

1 Stay Hydrated

- Keep your throat moist by drinking water throughout the day.



2 Reduce High Intensity Voice use

- Avoid yelling - Use non-verbal actions to get the attention.



Clapping hand



Raising hand



Blowing whistle

3 Maintain A Healthy Lifestyle & Diet

- Limit intake of caffeinated beverage, reduce or quit smoking, avoid staying at smoked-filled environments.



- Rest your voice, especially after tired or ill.



- Using voice amplifiers so less voicing effort is needed.



Using microphone



Using hailer speaker

4 Use Your Voice Wisely

- Avoid clearing your throat too often - if you have to, do it gently to avoid vocal cord damage.

- Concentrate on good breath support - Take frequent pauses & breath, don't force yourself to speak when run out of air.



- Do vocal warm-up around 5-10 minutes before giving a long speech.

- While you speaking, keep your neck & jaw relaxed as possible.

