

## Most frequent errors

- Do not hydrate during the speech session.
- Do not have good vocal hygiene
- Use a monotonous tone without modulation.
- Abusing coffee and tobacco.
- Excessive consumption of alcoholic beverages or carbonated drinks
- Talk continuously throughout the workday. You must alternate the speech with silent moments.
- Do not use voice amplifiers in open or very large spaces.
- Do not rest voice once the session has finished. Silence is good for the voice.
- Clear the throat repeatedly and intensely.
- Coughing abruptly. It is necessary to try to soften the cough by breathing deeply
- Do not control the room temperature and humidity. It is important to keep moisture around 50%.
- Do not keep a good physical condition
- Shout

You have in your hands to improve your health and well-being.....

## Prevention Voice disorders



