

Protect Your Hearing On the Job

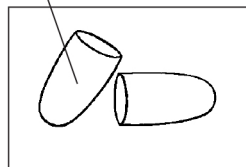
You can protect your hearing

- One good way to protect your hearing is to wear earplugs when you are exposed to loud noise. These reduce noise when they are inserted into your ears.
- Some earplugs are disposable and some may be reused.

Warning: Do not stuff cotton in your ears in place of earplugs. It won't block the noise and you may damage your ears.

- Wearing earmuffs is another good way to protect your hearing. These cover your entire ear, just like some stereo headsets.
- Earplugs and earmuffs come with a "noise reduction rating" or NRR. Be sure yours have an NRR of at least 25.

Note to trainer: Show trainees examples of earplugs or earmuffs used in your operation.



Wearing earplugs and earmuffs

- Wash your hands before you insert earplugs or put on earmuffs.
- Check for cracks or other damage. Report any problems to your supervisor, and get different hearing protection.
- Check the manufacturer's instructions on how to insert earplugs or put on earmuffs.
- Foam earplugs are usually inserted by rolling each plug into a thin cylinder, then compressing it before inserting it. Hold it there until it expands.
- Be sure your earplugs or earmuffs feel comfortable, and are not too loose or too tight.
- And the cups on earmuffs shouldn't pinch your ears.



Reminder: Keep your earplugs and earmuffs clean. Wash reusable earplugs in warm, soapy water each time you finish wearing them. Clean earmuffs according to the manufacturer's instructions.

Are there any questions?

Note to trainer: Take time to answer trainees' questions, then review the **Hearing Protection Do's and Don'ts**.

HEARING PROTECTION DO'S AND DON'TS

DO:

- Use earplugs or earmuffs in noisy environments.
- Make sure your earplugs or earmuffs fit comfortably.
- Clean reusable earplugs after each use.

DON'T:

- Stand too close to noisy machinery for a long time.
- Reuse disposable earplugs.
- Share earplugs with your co-workers.