

Safety Tips

Hearing Protection

1. Whether noise damages your hearing depends on three things: how loud it is, how long you are exposed, and how close you are to the source.
2. As a rule of thumb, if you have to raise your voice when talking to someone a couple feet away, the noise is above the trigger level for wearing PPE.
3. The type of hearing protection you may be required to wear depends on the type of noise hazards. The most common types are earplugs, canal caps, and earmuff cups.
4. Wash your hands before inserting earplugs.
5. Learn how to use the various types of soft and preformed earplugs. In general, you pull the ear up and back before inserting the plug.
6. Wash reusable earplugs every day, and dry them before you store them.
7. Replace them when they are worn or don't seem to fit.