



Choosing and Using Hearing Protection

Hearing protection comes in three styles

Earplugs...

- ① fit inside the ear canal
- ① cut noise by as much as 30 decibels
- ① may be disposable or reusable, custom-fitted or one-size-fits-all
- ① may be made of foam, silicone, rubber or plastic
- ① are comfortable in hot weather
- ① are inexpensive

but...

- ① may be hard to fit

Earmuffs...

- ① cut noise by as much as 25 decibels
- ① are easy to put on and take off
- ① come in specialized forms for high-voltage work or filtering out only hazardous noises
- ① may be worn with earplugs for extremely high noise levels

but...

- ① are bulky
- ① may be uncomfortable in hot weather

Canal caps...

- ① are soft pads on a headband
- ① seal the ear canal without actually entering it
- ① are comfortable, cool and light

but...

- ① may not completely seal the ear canal
- ① are less effective than earplugs or earmuffs

Never try to protect hearing with...

- ① stereo headphones
- ① cotton wads

Treat your hearing protection right...

- ① Use the right protection for your workplace.
- ① Use and maintain your hearing protection according to the manufacturer's recommendations.
- ① Use it whenever noise level is high—not just sometimes.