

# Hearing Protection

National Protect Your Hearing

HAZTEK LLC

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SAFETY MANAGEMENT

## How To Wear Soft Foam Earplugs

To get the best protection from your soft foam earplugs, remember to roll, pull, and hold when putting them in. Use clean hands to keep from getting dirt and germs into your ears.

1. Roll: Roll the earplug into a small, thin “snake” with your fingers. You can use one or both hands.
2. Pull: Pull the top of your ear up and back with your opposite hand to straighten out your ear canal. The rolled-up earplugs should slide right in.
3. Hold: Hold the earplug in with your finger until it expands to fill the ear canal. Your voice will sound muffled when the plug had made a good seal.

Check the fit when your all done. Most of the foam body of the earplug should be within the ear canal.



## National Protect Your Hearing Loud Noises Can Cause Serious Damage!

*Protect your ears from loud noises. Use hearing protection such as ear plugs and noise-cancelling earmuffs. If you are concerned about your hearing, please see a doctor. Hearing loss is gradual and can go undetected unless checked.*

This October, during National Protect Your Hearing Month, we are coming together to raise awareness about noise-induced hearing loss, and share easy steps that people can take to protect their hearing.

According to a 2018 survey, more than 4 out of 5 American adults never, or very rarely, wear hearing protection at loud sports events or entertainment venues. Hearing loss from loud noise is permanent — and most people don’t notice their hearing is damaged until it’s too late.

Use these talking points to communicate with young people about noise-related hearing loss:

- Over time, being around too much loud noise can make you lose your hearing
- Once you’ve lost your hearing, you can’t get it back
- 5 in 10 young people listen to their music or other audio too loudly, and 4 in 10 young people are around dangerously loud noises during events like concerts and sports games

If you need to raise your voice to speak to someone 3 feet away, noise levels might be over 85 decibels. Several sound-measuring instruments are available to measure the noise levels in a workspace. These include sound level meters, noise dosimeters, and octave band analyzers.

Noise may be a problem in your workplace if you:

- Hear ringing or humming in your ears when you leave work.
- Have to shout to be heard by a coworker an arm's length away.
- Experience temporary hearing loss when leaving work.

The Occupational Safety and Health Administration (OSHA) requires employers to provide hearing protection to employees who are exposed to noise levels that exceed 85 decibels over an 8-hour period.

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