



Safety Tip of the Week

Hearing Protection Devices

Hearing protection devices (HPDs) such as earmuffs and earplugs can be an effective measure to protect hearing in noisy work environments. However, hearing protection devices are only effective if they are properly sized and carefully fitted into or over the ear.

To Properly Fit a Formable Foam Earplug:

1. With clean hands, slowly roll and compress a foam earplug into a very thin cylinder.
2. Reach around the head with one hand to pull the top of the ear slightly outward and upward while inserting an earplug into the ear canal with the other hand.
3. After insertion, hold foam earplugs in place with a fingertip for a few moments to ensure that the plug expands in the ear canal without moving out of the ear. In a noisy environment, the reduction in perceived sound level as the plug expands should be noticeable.
4. Have a coworker visually check the earplug. If half or more of the earplug is sticking out of the ear canal, it not fitted correctly and won't provide the designed protection.



To Properly Fit an Earmuff:

1. Adjust the headband so that it sits comfortably on the head and so that the cushions exert even pressure around the ears.
2. Pull hair back and out from beneath the cushions to ensure a proper seal.
3. Muffs should fully enclose the ears.

Another important step to preventing hearing loss is to make a personal commitment to wear the appropriate hearing protection.

MILLIONS OF WORKERS ARE AT RISK...DON'T BE ONE!