

Hearing Protection Information Sheet - 1

WEAR Hearing Protection in areas where the noise levels regularly exceed 85 dBA, regardless of duration of exposure.

Follow Noise Warning Signs that require the Use of Hearing Protection.



How to Wear Ear Plugs:

Before wearing, wash your hands, inspect your earplugs for dirt or damage

Source: Canadian Agricultural Safety Association, Earplug Fitting Instructions



Roll-Down Foam



Roll the earplug up into a small, thin "snake" with your fingers.

Pull the top of your ear up and back with your opposite hand to straighten out your ear canal.

Hold the earplug in with your finger until it expands to fill the ear canal.



Push-in Foam



Silicone



Pull the top of your ear up and back with your opposite hand

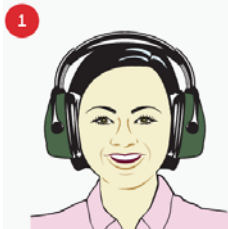
Hold the stem and insert the earplug inside your ear canal until you can feel it sealing

Leave the stem outside for removal. If properly inserted, just the stem may be visible from the front.

How to Wear Earmuffs:

Before wearing, inspect earcups and ear cushions for cracks and leaks and discard earcups if they are visibly damaged or compromised.

1. Place earcups over each ear



2. Adjust headband by sliding it up or down



Avoid obstruction such as hair.



Cover ear completely.

Source: Howard Leight Earmuff Fitting Instructions

Hearing Protection Information Sheet - 2

Checking Correct Fit for Ear Plugs:

In a noisy location, with ear plugs inserted, check their fit by cupping both hands over ears and release. You should NOT notice significant difference in noise level.



Incorrect



Correct

When properly inserted, the end of the foam earplugs should be located at opening of your ear canal.

How do I pick my Hearing Protection?



Earplugs

VS



Earmuffs

The choice of hearing protection (e.g., ear plugs vs earmuffs) depends on several factors including level of noise, comfort, and suitability for the person and environment.

For example, earmuffs may be good for intermittent short-term noises since it may be inconvenient to remove and reinsert earplugs. Ear plugs may be more comfortable in hot and humid work areas.

DOUBLE Hearing Protection for Extremely Loud Noise:

Foam ear plugs AND Earmuffs together for areas and tasks exceeding 105 dBA.

For example, Use of Jackhammer, Planer, Impact Gun, and Wood Chipper

**How to Care for Hearing Protection:**

- Disposable ear plugs (e.g., foam ear plugs) should be disposed of after each use.
- Reusable earmuffs and ear plugs (e.g., silicone) should be cleaned when they become dirty.
- Follow the manufacturer's instructions on how to care for the hearing protection.
- Check hearing protection before use and regularly for wear and tear.
- Replace ear cushions or plugs that are no longer pliable.
- Replace the earmuffs when their headbands are so stretched that they do not keep ear cushions snugly against the head.
- Use a soft brush to remove skin oil and dirt that can harden ear cushions.
- Squeeze excess moisture from the plugs or cushions, then place them on a clean surface to air dry.

For any questions about specific noise hazards in your workplace, contact your Supervisor.
For additional information, contact Environmental Health and Safety at ehs@uoguelph.ca.