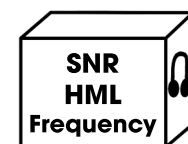


CHECK IT OUT!

1) Pick it - Use the hearing protection (HP) manufacturer's data to choose the right HP. HP must reduce noise at ear to below 87 dB(A) and not below 70 dB(A).



Must be
suitable &
adequate!

2) Test it - Fit testing your HP isn't required by law but it is a helpful way to show if that particular HP is suitable for you.



Separate

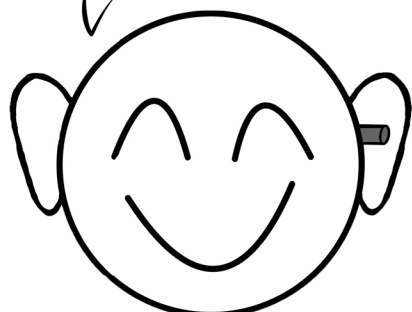


Integrated

3) Check it - Follow the HP manufacturer's instructions and fit your HP correctly. A good fit each time is essential. Look at these quick and easy ways to check that your HP is fitted properly:

Hum

Hummmm



If one ear is sealed properly, your voice will seem louder in that ear.

Hummmm



If both ears are sealed properly, your voice will sound like it is in the centre of your head.

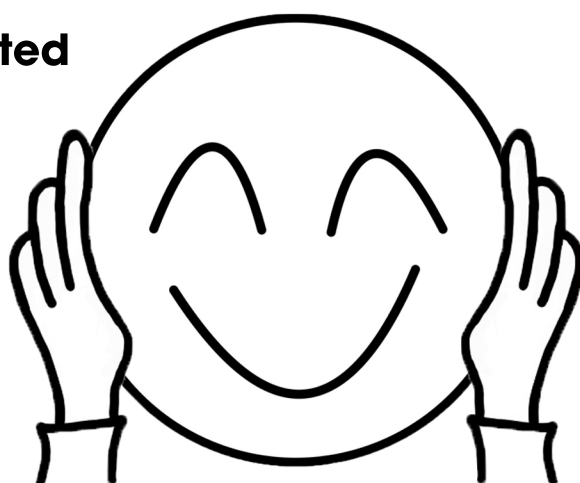
Tug



Gently tug on the end of the plug/cord. If there is a resistance and you feel a gentle suction on the eardrum then you have achieved a good seal! Be careful not to dislodge it.

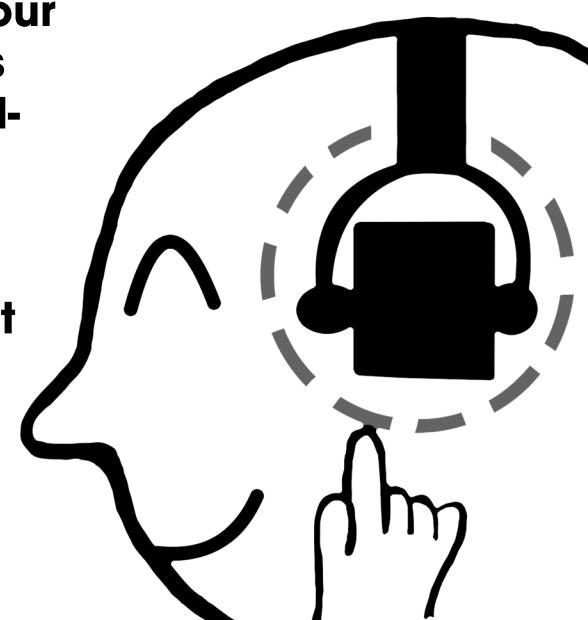
Cup

With both earplugs inserted, stand in a noisy environment. Cup both hands over your ears. With well-fitted earplugs, the noise level should not seem significantly different. A perceptible difference means it isn't fitted well enough.

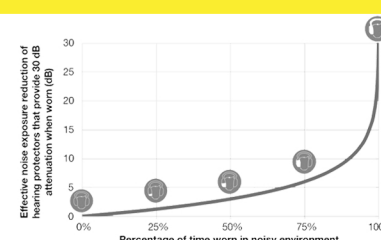


Circle

Once you've placed your earcups over your ears and adjusted the headband, run your finger along the outside of the seal all the way around. There shouldn't be anything interfering with a firm seal between your head and the cups, like glasses or earrings.



4) Wear it - Did you know, even if you wear your HP for the majority of the work day, not wearing your HP for only a few minutes will significantly reduce your protection? Wear your HP all of the time!



5) Maintain it - Is your ear cup seal damaged? Replace it.
Is your reuseable HP dirty? Clean it.
Is the tension on the headband reduced? Replace it.
Are your earplugs not soft, pliable & clean? Replace it.
A build up of ear wax? Take care of it.