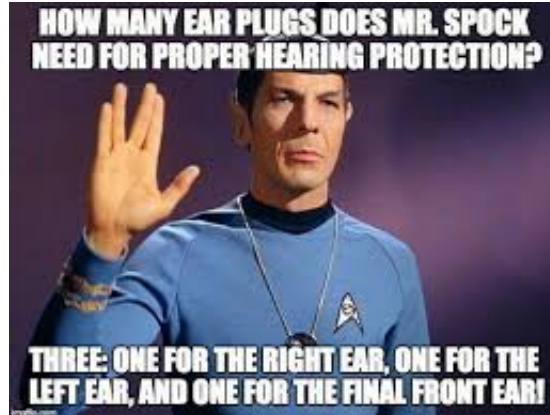


Job Name \_\_\_\_\_ Job # \_\_\_\_\_ Date 3/7/19



### **Toolbox Talk: Hearing Safety**

Ear protection is particularly important when noise exposures cannot be controlled adequately by environmental changes. Ear protectors, in effect, reduce noise levels at the inner ear. Ear protectors may be either ear plugs or ear muffs. One of the most common reasons workers resist wearing hearing protection is that they don't think they really need it, but hearing loss is so gradual, even in intense exposures, that by the time you realize that you cannot hear as well as you used to, the damage has been done and cannot be reversed.

Good protection depends on a good seal between the surface of the skin and the surface of the ear protector. A very small leak can destroy the effectiveness of the protection. Protectors have a tendency to work loose as a result of talking, chewing, etc., and they must be resealed from time to time during the workday. Some initial discomfort is sometimes experienced in obtaining a good seal.

Ear plugs should be made of soft material such as neoprene, as hard fixed material can injure the canal. A properly designed, well-fitted and clear ear protector will cause no more difficulty than a pair of safety goggles

Most of the available ear protectors, when correctly fitted, provide about the same amount of protection. The best ear protector, therefore, is the one that you can wear properly.

Please be sure to sign your name to the training certification form.

