

STAY SAFE WITH SOCIETY

WHY, WHEN AND HOW TO USE EAR PLUGS

Do you understand why your employer requires that you wear hearing protection? If you work in a noisy environment, you may be required to use ear plugs. Your employer must comply with the OSHA Hearing Conservation standard if you work in an environment with noise exposure at or above an eight-hour time-weighted average sound level of 85 decibels. The ultimate goal of a good Hearing Conservation program is to prevent hearing loss.

Here are some easy ways to determine when you should be using ear plugs at work:

- Do you have to raise your voice or shout directly into someone's ear to carry on a conversation within a three-foot distance?
- Do you have ringing in your ears at the end of the day?
- Is speech or music muffled at the end of the work day, yet your hearing is back to normal by the next morning?

In addition, always remember to wear ear plugs if you are involved in noisy hobbies, such as hunting and firearm sports, motorcycle riding, woodworking, lawn mowing and leaf blowing.

Follow these steps to properly insert and wear ear plugs:

1. Make sure the ear plugs are clean. Hold the plug between your thumb and index finger and gently roll and compress the plug. Roll the plug into a tight cylinder.
2. With the opposite hand, reach across the top of your head to grab ahold of the top of your ear (for example, right hand to left ear and left hand to right ear). Gently pull up on the ear to open the ear canal.
3. Insert the rolled ear plug into the ear canal. Hold the plug in place with your fingertip for several seconds as the plug expands.
4. The end of the plug should be flush with the tragus (the small pointed portion of the external ear).



ROLL EAR PLUGS

BEFORE INSERTING THEM INTO YOUR EAR CANAL.

A Small Detail
That Can Make a
Big Difference.

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