



## SAFETY INFOGRAM

Hearing protectors reduce the amount of sound energy reaching the ears.

Improper fit and a low percentage of time worn greatly reduces the effectiveness of hearing protection.

Select hearing protection that is:

- correct for the job. Refer to CSA Standard Z94.2, "Hearing Protectors."
- capable of adequately reducing sound frequencies. Check manufacturer's literature.
- comfortable enough to be accepted and worn during all exposure to noise.

Ear plugs are inserted to block the ear canal. They may be pre-molded (preformed) or moldable (such as glass down, foam plastic, waxed cotton.)

Canal caps are comprised of two ear plugs held over the ends of the ear canal by a rigid headband.

Ear muffs are comprised of sound-attenuating material and soft ear cushions which fit around the ear and hard outer cups. They are held together by a head band.

- **DO NOT USE** radio headsets as a substitute for hearing protectors.
- **DO NOT MODIFY** hearing protectors.

### CARE

- **REFER** to manufacturer's instructions.
- **CHECK** hearing protection regularly for wear and tear.
- **REPLACE** ear cushions or plugs that are no longer pliable.
- **REPLACE** unit when head bands are so stretched that they do not keep ear cushions snugly against the head.
- **DISASSEMBLE** ear muffs to clean.
- **WASH** hearing protectors with a mild liquid detergent in warm water, and then rinse in clear warm water.
- **ENSURE** that sound-attenuating material inside cushions does not get wet.
- **USE** a soft brush to remove skin oil and dirt which can harden ear cushions.
- **SQUEEZE** excess moisture from the plugs or cushions and then place on a clean surface to air dry.

### FIT

- **FOLLOW** Manufacturer's instructions
- **ENSURE** hearing protector tightly seals within the ear canal or against the side of the head

### COMPARISON OF HEARING PROTECTION

EAR PLUGS	EAR MUFFS
<b>Advantages</b> <ul style="list-style-type: none"><li>- Small and easily carried.</li><li>- Convenient to use with other personal protective equipment (can be worn with ear muffs).</li><li>- More comfortable in hot, humid work areas.</li><li>- Convenient for use in confined work areas.</li></ul>	<b>Advantages</b> <p>Less attenuation variability among users.</p> <ul style="list-style-type: none"><li>- Designed so that one size fits most head sizes.</li><li>- Easily seen at a distance to assist in the monitoring of their use.</li><li>- Not easily misplaced or lost.</li><li>- May be worn with minor ear infections.</li></ul>
<b>Disadvantages</b> <ul style="list-style-type: none"><li>- Require more time to fit.</li><li>- More difficult to insert and remove.</li><li>- Require good hygiene practices.</li><li>- May irritate the ear canal.</li><li>- Easily misplaced.</li><li>- More difficult to see and monitor usage.</li></ul>	<b>Disadvantages</b> <ul style="list-style-type: none"><li>- Less portable and heavier.</li><li>- More inconvenient for use with other personal protective equipment.</li><li>- More uncomfortable in hot, humid work areas.</li><li>- More inconvenient for use in confined work areas.</li></ul>