OCCUPATIONAL SAFETY · HEARING PROTECTION

VITS

Fitting earplugs

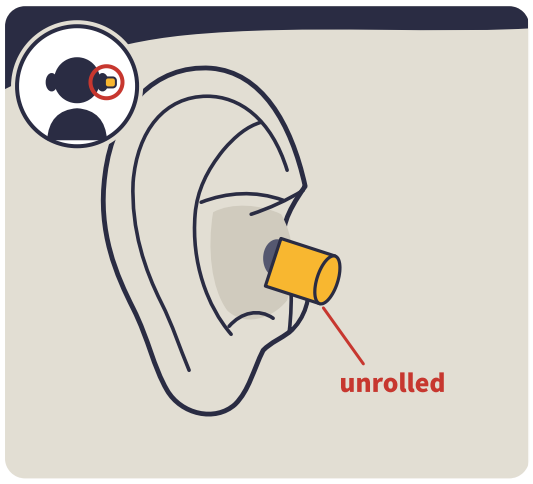
A badly fitted earplug won't protect your ears, and noise-induced hearing loss is permanent. **A tractor driver with 38 years' service was diagnosed with noise-induced hearing damage.**

Possible consequences

- Lifelong hearing loss
- Tinnitus
- Ear infection
- Poorer concentration
- Occupational disease

PLUG NOT ROLLED

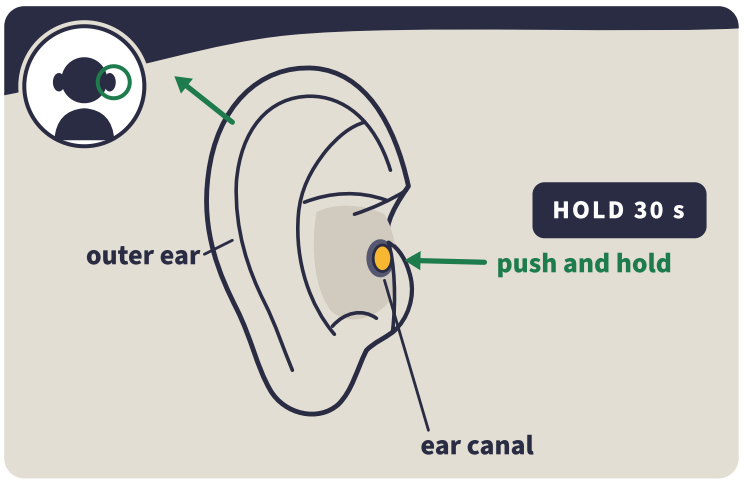
Half out



- Thick plug doesn't go in deep
- False sense of security
- Noise gets through

ROLLED, EAR PULLED UP

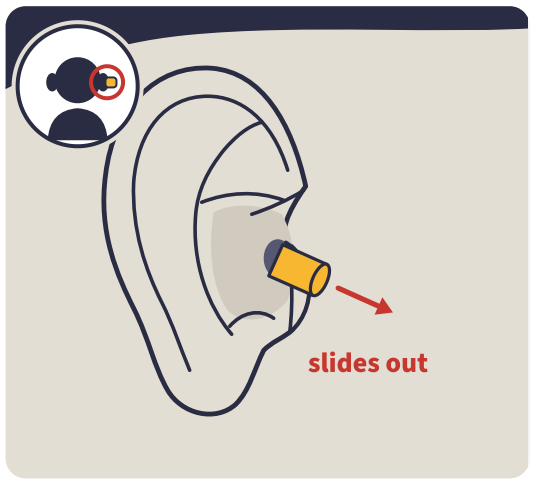
In ear canal



- Plug expands and seals the canal
- Not visible from the front
- Ear is protected

PLUG NOT HELD FOR 30 s

Sticking out



- Plug visible from the front
- Ear is not protected
- Plug can fall out

At noise exposure of 85 dB(A) or more, the employer requires hearing protection. The drawings show the right ear from the side; the circle shows the head from the front.

DO

- **With clean hands, roll the plug into a thin tube.**
- **With your other hand, pull your ear up and out.**
- **Push it in and hold with a finger for 30 seconds.**
- **Check the plug is not visible from the front.**
- **In noise, cup your ears: sound must not change.**
- **Wear earplugs throughout noisy work.**
- **If a plug comes out, replace it at once.**
- **If plugs don't fit, tell your employer.**

DON'T

- **Don't enter a hearing protection zone unprotected**
  Noise there is 85 dB(A) or higher.
- **Don't assume brief noise is harmless**
  Even a few minutes of loud noise can damage hearing.
- **Don't assume your ears adapt to noise**
  The damage is gradual and irreversible.
- **Don't reuse disposable earplugs**
  Dirt from hands gets into the ear and can infect it.
- **Don't use someone else's earplugs**
  Shared earplugs can cause ear infections.
- **Don't ignore ringing in your ears**
  It may be the first sign of hearing damage.
- **Don't skip hearing tests**
  You only notice hearing loss late.

REMEMBER

Roll it thin. Pull your ear. Hold it in.

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