



# Choosing and Using Hearing Protection

## Hearing protection comes in three styles

### Earplugs...

- 👂 fit inside the ear canal
- 👂 cut noise by as much as 30 decibels
- 👂 may be disposable or reusable, custom-fitted or one-size-fits-all
- 👂 may be made of foam, silicone, rubber or plastic
- 👂 are comfortable in hot weather
- 👂 are inexpensive

### *but...*

- 👂 may be hard to fit

### Earmuffs...

- 👂 cut noise by as much as 25 decibels
- 👂 are easy to put on and take off
- 👂 come in specialized forms for high-voltage work or for filtering out only hazardous noises
- 👂 may be worn with earplugs for extremely high noise levels

### *but...*

- 👂 are bulky
- 👂 may be uncomfortable in hot weather

### Canal caps...

- 👂 are soft pads on a headband
- 👂 seal the ear canal without actually entering it
- 👂 are comfortable, cool and light

### *but...*

- 👂 may not completely seal the ear canal
- 👂 are less effective than earplugs or earmuffs

### Never try to protect hearing with...

- 👂 stereo headphones
- 👂 cotton wads

### *They don't work!*

### Treat your hearing protection right...

- 👂 Use the right protection for your workplace.
- 👂 Use and maintain your hearing protection according to the manufacturer's recommendations.
- 👂 Use it whenever noise level is high—not just sometimes.