



Toolbox Talk

Hearing Protection

Insert-type ear protectors (earplugs)

- Aural type — placed inside the ear canal
- Superaural type — seals the external edge of the ear canal; each can be made of:
 - Rubber or plastic
 - Wax
 - Cotton

Importance of proper fit of insert-type protectors

- Possible discomfort if points of pressure develop
- A good seal cannot be obtained without some initial discomfort
- There should be no lasting problems if earplugs are made of soft material and kept clean

Keep hands clean when inserting earplugs. Remember, whatever is on your hands when you insert them will be in your ear well after you remove them.

Demonstrate how to insert earplugs, how to remove earplugs

Is it true that earplugs make it difficult to hear conversation?

- No. Tests show that when noise level is higher than 85dBA, speech is more easily understood with earplugs in place than without them.

Muff-type protectors

- Cup or muff covers the external ear to provide an acoustical barrier. Liquid- or grease-filled cushions give better noise suppression than plastic or foam rubber types but may present leakage problems.
- Head size and shape also affect noise suppression

Helmet protectors

- They completely surround the head
- Suppression of sound is achieved through the acoustical properties of the helmet
- Cost and bulk normally preclude use of helmet for most jobs

How effective are commercially available earplugs

- If properly fitted and used, earplugs generally reduce the amount of noise reaching the ear by 25 to 30 dB in the higher frequencies, which are the most harmful.
- The better type of earmuffs may reduce noise by an additional 10 to 15 dB.



- When worn together, earplugs and muffs provide 3 to 5 more dB of noise protection than when worn alone.



Topic:

Date:

Presented by:

Organization/Department Name

Attendee Printed Name	Signature

Comments: