

EARS NEED PROTECTION TOO.

If it's necessary to raise your voice to be heard by your co-worker one metre (three feet) away, then you should be wearing hearing protection. But the hearing protection device will only reduce the risk of hearing loss if it fits properly and is worn during periods of noise exposure. The types of hearing protection include:



Earmuffs

Earmuffs consist of sound-attenuating material, a soft cushion that fits around each ear with hard outer cups, and a headband. If your noise exposure is on-and-off, earmuffs may be more desirable than earplugs. However, they can be less portable and heavier, inconvenient when used with other PPE, and less comfortable in hot, humid environments.



Non-foam earplugs

Comfortable, pre-formed, inexpensive and reusable, these earplugs come with handles or cords. Convenient if your hardhat or face shield might interfere with earmuffs.



Ear canal caps

These are earplugs on a band that is worn under your chin. Because they can be put on and taken off easily, they are ideal if you work in and out of low noise environments all day.



Foam earplugs

Compact and comfortable in hot, humid environments, foam earplugs provide a high level of sound reduction. Be sure to select the right size for your ear canal. Roll the plug between your thumb and forefinger until it becomes compressed, then reach around your head, lift your ear up and back and, with your other hand, insert the plug firmly into the ear canal. Wait for the material to expand and your ears will be well protected.



Custom-molded earplugs

Because they are custom fitted to your ear canal by a hearing services provider, these earplugs provide a high level of comfort and protection. Custom-molded earplugs are ideal if you have an unusually shaped ear canal, which can make it difficult to achieve a good fit with standard earplugs.

The CSA standard recognizes that the rating system used for hearing protectors typically overestimates the level of protection. For more information on selecting and using hearing protection, please consult a professional, visit WorkSafeNB.ca, or contact our Compliance and Regulatory Review office at 1 800 999-9775 or compliance.conformite@ws-ts.nb.ca.