



# SAFETY BRIEF

## HEARING PROTECTION

Hearing protection can help reduce noises that cause hearing loss. It is important to wear a form of hearing protection—either earplugs, earmuffs or both—when noise exposure exceeds 85 decibels over an 8-hour period.

### HOW TO TELL IF A NOISE IS TOO LOUD

If you must raise your voice to speak with someone 3-feet away, you are experiencing hazardous noise. Other indicators include:

- You hear a ringing in your ears
- You struggle to hear people when they speak
- You cannot hear high or soft-pitched sounds
- Sounds feel muffled hours after leaving the area

### HOW TO INSERT AN EARPLUG

- Wash your hands
- Roll the earplug into a tightly compressed cylinder with as few creases as possible
- Pull your ear up and out to open your ear canal
- Insert the earplug into your ear
- Hold the earplug inside your ear for 10 seconds or until it expands

### HOW TO USE EARMUFFS

- Check for potential cracks and damages
- Place the earmuffs over your head
- Ensure that they are not too tight or too loose; they should form a complete seal around your ear



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