SafeTips from the Naval Safety Center

Quick and easy summaries to find out about something new you're doing or as a refresher for something you haven't done in a while. They're a great training tool to pass around at meetings, through e-mail, or post on bulletin boards.

⇒ Whether noise damages your hearing depends on three things: how loud it is, how long you are exposed, and how close you are to the source.
⇒ As a rule of thumb, if you have to raise your voice when talking to someone a couple feet away, the noise is above the trigger level for wearing PPE.
⇒ The type of hearing protection you may be required to wear depends on the type of noise hazards. The most common types are earplugs, canal caps, and earmuff cups.
⇒ Learn how to use the various types of soft and preformed earplugs. In general, you pull the ear up and back before inserting the plug.
⇒ Wash reusable earplugs every day, and dry them before you store them. Wash your hands before inserting earplugs.
⇒ Replace them when they are worn or don't seem to fit.