



## Hearing Protection

### 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.

[www.public.navy.mil/comnavsafecen/pages/media/index-safetips.aspx](http://www.public.navy.mil/comnavsafecen/pages/media/index-safetips.aspx)



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