



LOCATION

DATE

PRESENTED BY

## INTRODUCTION & HAZARDS

Noise induced hearing loss is a hearing impairment resulting from exposure to loud noise. Exposure to high noise levels can cause permanent hearing damage, often without the sufferer being aware of it until it is too late.

It is one of the most common occupational health hazards.

Hearing loss caused by work is preventable but once your hearing has gone it won't come back.

## CONTROL MEASURES HEARING PROTECTION

In situations where it is not possible to eliminate or reduce noise via engineering controls, hearing protection can be introduced to help reduce an individual's exposure.

You should not use hearing protection as an alternative to controlling noise by technical and organisational means.

It is **important to remember** that hearing protection only protects the individual and only works if worn and used correctly.

Ear Plugs offer a greater level of protection than ear defenders as they fit directly into the ear canal.

To ensure full protection, Ear Plugs rely on properly fitting the ear canal. If you have not been taught how to correctly insert an Ear Plug, proper fitting can be difficult to guarantee.



## **CORRECT FITTING OF FOAM EAR PLUGS**

### **1: WASH YOUR HANDS**

Before inserting your Ear Plug ensure you have clean hands.

### **2: ROLL IT**

Roll the ear plug (for approx. 10 seconds) between your thumb and index finger into a tight narrow tube. This will make it easier to insert.

**DO NOT ROLL IT BETWEEN YOUR HANDS AS THIS COULD CREATE CREASES IN THE EAR PLUG WHICH WILL LET NOISE THROUGH.**

### **3: PULL YOUR EAR**

Reach over your head with your free hand and pull your ear gently up and slightly out to help open up the ear canal. Use a mirror if you're having trouble.

### **4: INSERT YOUR EAR PLUG**

Insert the rolled up ear plug into your ear. The entire length of the plug should fit inside the ear with only a small amount protruding.

### **5: HOLD**

As the Ear Plug starts to expand, hold it in place with your finger for approximately 20 seconds.



**PLEASE SCAN THE QR CODE TO  
WATCH THE RBHSS EAR PLUG  
VIDEO GUIDE**

E A R P L U G S

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