

HEARING PROTECTION



Protect Your Hearing

The right way to wear ear plugs



STEP 1

Hold the ear plug between your thumb and forefinger, roll and compress the entire ear plug until the diameter as small as possible.

STEP 2

Use your other hand to reach over your head and pull up and back on your outer ear.



STEP 3

When you are holding the ear, push the rolled end of the plug into your ear and hold for few seconds. This allows the ear plug to expand and fill the ear canal. Leaving enough of the ear plug outside the ear to allow removal.



STEP 4

If you can cup your hands over your ears and the noise seems to decrease, your ear plugs are probably not fitted properly. Remove and refit zfollowing instructions.

Noise Levels

COMMON NOISE LEVELS

Sound Energy Doubles Every 3dB

Occupational	Sound Energy Doubles Every 3dB	Non-Occupational					
Artillery Fire 162dB		Shotgun 162dB					
Immediate Physical Damage 160dB							
Jackhammer 130dB		Auto Racing 130dB					
	Immediate Pain Threshold 130dB						
Oxygen Torch 121dB Compactor 116dB		Rock Concert 120dB Chainsaw 118dB					
Unprotecte	ed Noise Exposure of Any Duration Not Permitted Above This L	evel 115dB					
Diesel Truck Accelerating 114dB Industrial Fire Alarm 95dB Impact Wrench 102dB Bulldozer 100dB Table Saw 93dB		Power Lawnmower 94dB CD/MP3 Player 105dB Crying Baby 110dB Motorcycle 105dB Subway 90dB					
Hearing Protection Required by OSHA 90dB							
Handsaw 85dB Normal Conversation 60dB		Propeller Airplane Cockpit 88dB					
Hearing Protection Must Be Made Available 85dB							
Lathe 81dB Normal Conversation 60dB		Rainfall 50dB					
Non-Hazardous Noise 75dB							
Transformer 50dB	Comfortable Sound 50dB	Rainfall 50dB					
Daytime Activity		Daytime Activity					



When is it needed?

Hearing protectors should be provided to the employees when they are exposed to occupational noise. The table below shows the permissible noise exposures of specific levels for specific period of time.

Permissible Noise Exposures

Duration Per Day (Hours)	Sound Level (dBA)
8	90
6	92
4	95
3	97
2	100
1.5	102
1	105
0.5	110
0.25	115

What to look for in Hearing Protection?

- ▶ The Noise Reduction Rating (NRR) of the hearing protector must be sufficient to provide the protection required under the specific work environment.
- If communication among workers is crucial in the noisy environment, make sure that the hearing protector used will not severely impair their communication ability.
- ▶ Hearing protector must be comfortable to wear, otherwise the users might not want to use it continuously for long period, and thus reducing the protection intended.

Type of Hearing Protector

Disposable Ear Plugs	Normally made of soft material such as foam. Available in non-corded & corded versions.
Reusable Ear Plugs	Designed to be used over and over again. Normally made of PVC, Silicon, or other synthetic materials.
Ear Muffs	Provide better comfort especially for long period usage. The Noise Reduction Rating (NRR) provided is generally lower than ear plugs.
Communication Ear Muffs	Designed to filter out excessive noise while retaining the ability to communicate among the users.

Cleaning and Maintenance

- Hearing protectors such as reusable ear plugs & ear muffs should be cleaned regularly as the buildup of ear wax and grease will shorten the product lifespan.
- ▶ The protectors can be cleaned with mild soap and warm water. Avoid using abrasive cleaning agent.

You May Also Be Interested In





EASYFIT™ DISPOSABLE EAR PLUGS



- Soft and comfortable Polyurethane Foam ear plug which are easy to insert correctly due to the tapered shape and moderate slow expansion rate
- The smooth surface on the ear plugs further enhances the wearing comfort



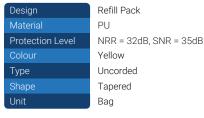


HP103R

DesignDispenserMaterialPUProtection LevelNRR = 32dB, SNR = 35dBColourYellowTypeUncordedShapeTaperedUnitEA



HP103B Refill Pack



- · Soft and comfortable Polyurethane Foam ear plug
- The bell shape delivers maximum in-ear comfort, its improved design allows easier insertion and reduces tendency to back out of ear
- Smooth, soil-resistant surface prevents dirt build-up
- HP103B can be used as refills for the HP103R dispenser to save time, space and eliminate packaging waste



DURAFIT™ REUSABLE CORDED EAR PLUGS

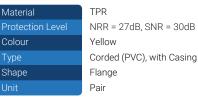


HP201 Material

TPR NRR = 27dB, SNR = 30dB Yellow Corded (PVC) Flange Pair



HP202



- Made with soft and thin pliable material with four flange design
- Fit the ear canal perfectly and provides perfect seal against harmful noise
- Available in individual polybag packing (HP201) and with casing (HP202)



www.safetyware.com







Triple Flange Design

Durafit Corded Ear Plugs with Casing (Metal Detectable)

Item Code	Material	Protection Level	Colour	Туре	Shape	Packing	Unit
HP301	TPR	NRR = 25dB, SNR = 28dB	Orange	Corded (PVC), with Casing	Flange	100 pairs/ box	Pair
• Made with soft and this pliable material with triple flance design							

Made with soft and thin pliable material with triple flange design
Fit the ear canal perfectly and provides triple seal against harmful noise

Comes with metal detectable feature

· Helps prevent contamination of products in case an earplug accidentally gets into production





Quattro Reusable Fabric Ear Plugs

Item Code	Material	Protection Level	Colour	Туре	Shape	Packing	Unit
EP411	TPR	NRR = 27dB	Green	Corded (Nylon)	Flange	100 pairs/ box	Pair
EP412	TPR	NRR = 27dB	Green	Corded (Nylon), with Casing	Flange	50 pairs/ box	Pair

• Universal size reusable ear plug designed to be used over and over again with maintained comfort and effectiveness

· Consists of 4 flange design that allows the ear plug to fit almost all ear canals

• Sturdy and stiff handle allows an easy grip for insertion and removal

• Made of an Ultra-soft Polymer that provides a comfortable and effective seal, and resistant to ear wax and body oils and outcast PVC ear plugs by many

months

 $\boldsymbol{\cdot}$ Non-allergenic and non-irritating to the sensitive skin in the ear canal







Adjustable Reinforced Headband

Soft Foam-filled Cushion

EcoMuff[™] Ear Muff

Item Code	Protection Level	Colour	Packing	Unit
HP401	SNR : 27.5dB	Yellow, Black	1 unit/ box	EA

Lightweight

· Comes with soft foam-filled cushion and economical

Offers a good seal for protection against harmful noise

· Comes with adjustable reinforced headband and can be worn in three positions