

Tips

Hearing Protection

Make sure you know how to use your hearing protection correctly



Toolbox talk

Hearing Protection

There are many types of hearing protection on the market. Knowing what to use and how to use it correctly is vital.

- Always wear the correct class of hearing protection for the type of work you are doing.
- Make sure you and anyone around you wears hearing protection any time you/they are around noise.
- If you need to talk to someone, move away from the noise before removing your protection.
- Do not remove your hearing protection until you're well away from noise, or until the noise has stopped.

Ensure your hearing protection is well-maintained.

Make sure your earmuffs are securely fitted BEFORE you put on your hat or beanie. Wearing a hat or beanie under your earmuffs breaks the seal and reduces the protection level.

Jackhammer

109dB*,
Class 5
Earmuffs



Hammer on Nail

104dB*,
Class 4
Earmuffs



Bulldozer

99dB*,
Class 3
Earmuffs



Table Saw

93dB*,
Class 2
Earplugs/Earmuffs



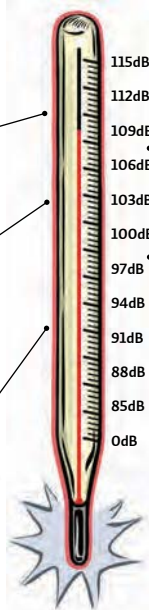
Hand Saw

85dB*, Class 1
Earplugs/
Earmuffs



Normal Conversation

60dB*, no hearing protection needed



* Based on 8 hour exposures