Exercise C-3: Choosing the Right Hearing Protection

Learning objective: By the end of this exercise, participants should be familiar with resources available to help them work safely.

TEACHING MATERIALS:

- Choosing the Right Hearing Protection Handout
- The hearing protection participants will be required to use that day (If used as a training exercise)

Handouts (available in Appendix):

- Choosing the Right Hearing Protection (C-C)
- When and What of Hearing Protection (C-A)

	When to use Hearing Protection	
CHOOSING THE RIGHT HEARING PROTECTION Repeated exposure to high table levels can lead to permanent hearing loss. Biccase construction jobates to chem repose vertices to these high levels of roke, you are at an such higher risk of evertablish hearing to then evels in the inter indication - in the construction the risk is in much	Heating protection should be used anytime the noise level is above 16 deobels. To (that means, normal conversation is about 60 deabales and a hand drill is 98 deobels, voice to be heard by someone an arm's length away, it is probely too isual	
as 3.5 times higher among construction trade workers. It is important to use proper hearing protection	Noise Lawis by Decibel	
whenever you are around loud equipment or noise producing tasks. Below are the different types of	Pheumatic Predision Dell	119
protection and tips for using them from INCER.	Harrison Dill	116
EXPANDABLE FORM PLUES	Chait Sev	110
These plugs are made of a formable material designed to expand and conform to the shape of each	figmy Painter	105
person's ear careal. Roll the expandable plags into a thin, crease free cylinder. Whether you roll plags	Hard Dill	56
with thursh and fergers or across your palm doesn't matter. What's critical is the final result—a smooth tabe this enough so that about half the length will fit equily into your our canal. Some individuals.	Offekt Parmissible Daposure Limit P	ELI 50
especially women with small ear canab, have difficulty rolling typical plugs small enough to make them	N 08H Recommended Exposure Lin	OR PELLS MG
fit, A few manufacturers now offer a small size expandable plag.	BUCKER Not sure how load it is?	(R. (TEL) 80
PRE-MOLDED, REUSABLE PLUGS	Download the NiCEH Sound Lavel Normal Conversion Mater App In your Phone app Inford Sour Texteremines to Conversion	**
fits most," or are available in several stors. Many pre-molded plugs are available in stors for small, medium or large our canals.		
A critical tip about pre-molided plugs is that a person may need a different size plug for each ear. The plugs should wall the ear canal without being unconflictable. This takes trial and error of the various	Million concerned to former about	
plags should seal the ear canal without being uncomfortable. This takes trial and error of the various sizes. Directions for fitting each model of pre-molded plag may differ slightly depending on how many	What you need to know about	\cap
plags should soal the ear careal without being unconstructable. This takes total and error of the various uses. Erroritoms for fitting out-invaded of pre-moleck plags may differ slightly depending on how many farges they have and how the type hadged liver this face of plags to yaraching one ryoos had with one without the statement of the sta	What you need to know about Hearing Protection	\cap
plags should seal the ear canal without being uncomfortable. This takes trial and error of the various sizes. Directions for fitting each model of pre-molded plag may differ slightly depending on how many	Hearing Protection Your employer should provide meaning protection. The louder the job, the more	
plags should seal the ear careal without being uncomfortable. This takes that and error of the various uses. Exerctions for Etting-each model of pare-maked plag may-differ slightly depending on how many faringes they have and how the try is shaped. Itsert this type of plag by reaching over your head with one hand to pail up on your ear. Then use your other hand bisment the plag early in a gendle reaching reaction.	Hearing Protection	
plug do doub all the error cand without being successful data. This bits is taid a rear of the variaus successful data and the second second second second second second second second farges alter plug are and to be the plug altery data. The second plug to practice gamma point and with one hand to plug to prove point. Then second second the inserts the plug and any additional second second and/with the second sec	Hearing Protection You amploy through provident registration. Thereader the job, the more pre-motion, humaker page, and use shap, and ammufith. They arry protect your hantly if ruad controls. Expendically loads are page as a one of the more common. Infinite it two	
plug doubt and the our rule altitude training consortbuilds. This this is the air time of the variation is a Direction built training of the standing of the standing doubt plug doubt plug doubt plug to the stange faces the plug and the stars is a doubt plug of all plug and plug are using a new plug and the and will be also and the stars is a doubt plug and plug are using a new plug and the and all plug are been able to be stars in the stars of the plug and plug are taken and the and all plug have been able to be error and. Altorating and plug are started plug are table and the plug are blug and plug and the stars and the stars and the anti-stars and the stars and the stars and the stars and the all plug and the stars and the stars and the stars and terms in the stars and the	Hearing Protection You empose double provisionary protector. Thereads the just the more pretention, revailed Common Dire exclude equivalent faints are pup, pre-index, revailed pup, can de pui and annum. The you'ry protect you haven't public downsity Expendiable form any plugs are one of hemest common, failber theat steps when reading them.	1
plag the start off or or card which are injuscementation. This takes its first advances of the various institution to Winney and head off are started along work off angle dependence in one many faceparity to and along the type shaped heart this type of plag by remote parts card one of the start of plag are port or a type material to the start of plag and the protocol to the start start and and provide the start of the start and provide the start of the start of the start of the sta	Hearing Protection You amploy through provident registration. Thereader the job, the more pre-motion, humaker page, and use shap, and ammufith. They arry protect your hantly if ruad controls. Expendically loads are page as a one of the more common. Infinite it two	

INSTRUCTOR NOTE:

This can be used as a training activity, or can simply be handed out to workers as a reference. If used as an activity, hearing protection appropriate for the handson training that will be taking place should be demonstrated.

The handout "Choosing the Right Hearing Protection" is meant to reinforce why use of the hearing protection in use during the hands-on training is needed. The handout "When to Use Hearing Protection" is intended as a takeaway that trainees can use as a reference.