



## 1 The LAW

OSHA 1910.95. requires that employers provide employees a variety of hearing protectors to choose from, training on use and maintenance of hearing protectors, and ensure that hearing protectors are worn by all employees who meet the requirements of this standard.

## Understand Your Noise Reduction Rating (NRR)

Don't automatically assume the product with the highest NRR is the best choice for you.

- Over-protection can leave workers with the inability to hear any sound whatsoever and may force them to remove their hearing protection at inappropriate times throughout the day
  - Removing your hearing protection in noisy environments for as little as 5 minutes a day can dramatically affect your true NRR

## Consider Comfort

The best hearing protection is the hearing protection that gets worn. Consider the comfort features of our Hearing Protection products before making your decision.

- Employees may need to try several sizes and shapes of Disposable Earplugs to get the best fit for the their ear canal
- Reusable Earplugs Plugs require no rolling before inserting, but also use flanges to block sound out so they're generally not as comfortable as most disposable plugs
- Push-Ins are typically made of the same foam material used in disposable plugs and require no rolling
- Hearing Bands are easy to insert, but are normally only for short-term use, as the pressure on sides of head can become uncomfortable
- Earmuffs are comfortable protection that employees can wear all day long



## 2 The ESSENTIALS

### Assess Your Work Environment

By understanding who will wear this Hearing Protection and where they will be working, you can choose the product that's best for your environment.

- Disposable Earplugs are ideal for business with many workers who go through large quantities of plugs
- Reusable Earplugs provide long-term cost savings over disposable plugs and can be washed and reused
- Push-Ins are easy to insert, so they're perfect for workers who work in dirty or dusty conditions
- Metal Detectable Plugs are always colored blue to stand out as a non-edible food color and can be detected by a metal detector when dropped into a food processing line
- Hearing Bands are designed for fast

access and easy insertion by employees who are frequently in-and-out of noisy areas.

- Earmuffs hold their NRR level better than others hearing protection and can be worn all day long

### Assess Your Current Noise Level

Your current noise level can be assessed using a Sound Level Meter or a Dosimeter.

- A Sound Level Meter is a device that measures the intensity of sound at a given moment
- A Dosimeter stores and calculates sound level measurements over time to provide an average noise exposure reading



## 3 Don't FORGET

- Earplug Dispensers ..... Pages 49-51
- Earmuff Hygiene Kits ..... Pages 55-58
- 2-Way Radios and Electronic Earmuffs ..... Pages 59
- Sound Level Meters and Noise Dosimeters ..... Page 219
- Hearing Protection Signs. .... Pages 272-273
- Blueprint Safety Training Programs ..... Page 307

## 4 The SAFETY SOURCE

Conney Safety Products is your single source for all the information you need regarding Hearing Protection. Please visit our website at [Conney.com](http://Conney.com) or call our **Safety Tech Talk** line at **800-462-1947** for answers to all your safety-related questions.