

Earplug Fitting Instructions

Tips for Proper Hearing Protection with Earplugs

Wear

- Always read and follow the earplug manufacturer's fitting instructions.

Selection

- Choose the earplug that best meets your needs.
- Consider the following: noise levels, your need to communicate with co-workers, your need to hear warning signals on the job.
- In minimal noise environments, avoid overprotection.

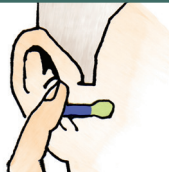
Maintenance

- Before wearing, inspect your earplugs for dirt, damage or hardness (if compromised discard immediately).
- Discard Single-Use earplugs after one use.
- Multiple-Use earplugs can last for several months if properly maintained (i.e., clean with mild soap/water and store in a case when not in use).
- Clean and replace pods on Banded earplugs regularly.

Push-In Foam



1. With a free hand, reach over your head and pull your ear up and back. Hold the stem firmly and insert the earplug well inside your ear canal.



2. Leave the stem outside for removal.



3. If properly inserted, just the stem may be visible to someone looking at you from the front.

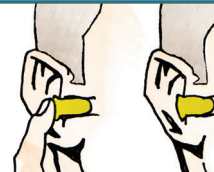
Roll-Down Foam



1. With clean hands, roll the entire earplug into the narrowest possible crease-free cylinder.



2. With a free hand, reach over your head and pull your ear up and back. Insert the earplug well inside your ear canal and hold for 30–40 seconds, until the earplug fully expands in your ear canal.

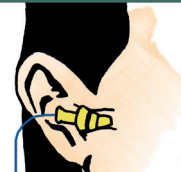


3. If properly inserted, the end of the earplug should not be visible to someone looking at you from the front.

Multiple-Use



1. While holding the stem, reach your hand over your head and gently pull the top of your ear up and back.

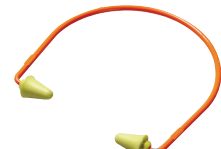


2. Insert the earplug until you can feel it sealing.

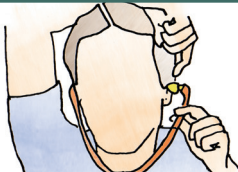


3. If properly inserted, just the tip of the earplug stem may be visible to someone looking at you from the front.

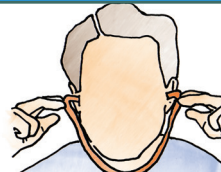
Banded



1. Position band under your chin or behind your head. Use your hands to press the ear pods well into the ear canal with an inward motion.



2. As shown, protection levels are improved by pulling your ear up and back when fitting.

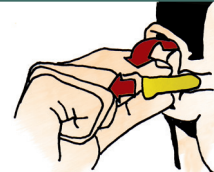


3. In a noisy environment, lightly press the band inward with your fingertips. You should not notice a significant difference in noise level.



Intended Use

Earplugs are designed for insertion in the ear canal to help reduce exposure to hazardous levels of noise and other loud sounds. For proper selection and use of hearing protection products in your noise exposure situation, follow local standards and regulations.



Removal

For proper removal, gently twist earplug while slowly pulling in an outward motion.



Acoustical Check

In the presence of a steady noise, and with earplugs inserted, alternatively cover and uncover the ears with tightly cupped hands. With properly fitted plugs, noise should seem nearly the same whether or not the ears are covered.

For more information, please contact the Canadian Agricultural Safety Association (CASA) at 877-452-2272, info@casa-acsa.ca, or www.casa-acsa.ca.



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DISCLAIMER: If proper instructions are not followed, the protection and function afforded by the earplugs may be severely impaired. All hearing protection affords limited protection. The user is responsible for the proper selection, use, care and maintenance of these devices. Improper selection (including under/over protection), use or maintenance may lead to serious hearing loss.

Earmuff Fitting Instructions

Tips for Proper Hearing Protection with Earmuffs

Wear

- Always read and follow earmuff manufacturer's fitting instructions.
- Brush hair away from ear.

Selection

- Choose the earmuff that best meets your needs.
- Consider the following: noise levels, your need to communicate with co-workers, your need to hear warning signals on the job.
- In minimal noise environments, avoid overprotection.

Maintenance

- Regularly inspect earcups and ear cushions for cracks and leaks.
- Discard earcups if they are visibly damaged or compromised.
- Clean earcups and ear cushions regularly with mild soap and water.
- Under normal wear, replace ear cushions and foam inserts every 6–8 months.
- Under heavy use or in humid/extreme climates, replace ear cushions and foam inserts every 3–4 months.

Headband

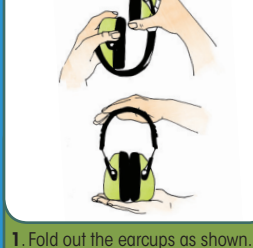
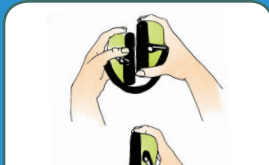


1. Place earcups over your ears.



2. Adjust the headband by sliding up or down.

Folding



1. Fold out the earcups as shown.



2. Place earcups over your ears.



3. Adjust the headband by sliding up or down.

Multiple-Position



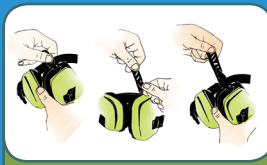
1. Place the earcups over your ears.



2. Adjust the headband by sliding up or down.



3. Multiple-Position earmuffs can be worn over the head, behind the head or under the chin.



4. When the earmuff is worn with the headband behind the head or under the chin, the headband strap must be attached to the slot in the upper part of the earcup as shown.

Cap-Mounted



1. Attach adapters to each side of the hard hat by sliding them into the slots.



2. Attach each earmuff to its adapter by sliding the earmuff housing down into the adapter.

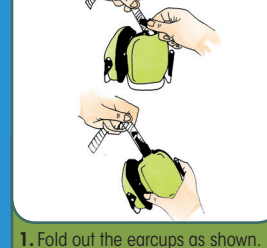
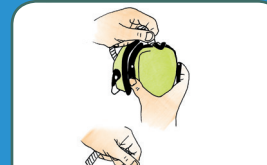


3. Place the hard hat on the head and adjust the earmuffs by sliding the cups up and down.



4. Ensure that the earmuff is firmly attached by lifting the arm up and down.

Neckband



1. Fold out the earcups as shown.



2. Adjust the length of the headband strap between the earcups so the earmuff fits well on top of the head.

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Firm Seal

Ensure that the cushions are sealed firmly against the head.



Avoid Obstructions

Do not allow hair or other items to obstruct the ear or the earmuff's fit in any way.



Cover Ear Completely

Ensure earcups are not crooked or askew over the ear.



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The Four C's of Hearing Protection

Comfort

Ears come in all shapes and sizes. The right hearing protector should feel comfortable in the ear or on the head—that means different products for different people.

How to select the most comfortable earplug

- For long-term wear, choose Single-Use or Multiple-Use earplugs.
- For exposure to intermittent noise, such as supervisors and visitors, choose Banded earplugs that can be inserted and removed as needed.
- To eliminate the feeling of “tightness” in the ear canal, use low-pressure foam earplugs that expand gently to create a seal.
- If you have difficulty inserting foam earplugs, use Push-In Foam or Multiple-Use earplugs which do not require rolling prior to insertion.
- For a more personalized fit with pre-molded earplugs, choose a product that comes in a variety of sizes to adapt to the contours of the ear canal.

How to select the most comfortable earmuff

- For exposure to hazardous noise over the entire workday, choose lightweight earmuffs such as Headband, Folding or Cap-Mounted earmuffs.
- In hot/humid or extreme cold conditions, add additional pads to your earmuffs to absorb perspiration or add additional warmth in cold climates.
- For use with hard hats, faceshields, welding helmets or respirators, use Cap-Mounted, Multiple-Position, or Neckband earmuffs that can be worn with other personal protective equipment (PPE) without compromising protection from noise.

Communication

The right hearing protector reduces noise to a safe level without compromising communication and safety on the job.

- To protect hearing loss while preventing overprotection, especially in marginal noise environments, choose Push-In Foam or Banded earplugs, or Headband Multiple-Position or Cap-Mounted earmuffs which offer multiple attenuation levels.
- To block loud noise while allowing important communication to be heard more naturally, choose earplugs or Cap-Mounted earmuffs that offer uniform attenuation, blocking low and medium frequencies while allowing voice and other high frequency sounds to be heard more naturally and without distortion.
- To enhance communication for those with a pre-existing hearing impairment, select sound amplification earmuffs that can raise ambient sound to a safe volume, while protecting wearers from hazardous noise.
- To protect from exposure to impulse noise, choose electronic earmuffs that limit sound amplification to a safe volume, and revert to passive hearing protection when noise reaches unsafe levels.

Convenience

Ensure that you have easy access to hearing protectors, no matter where you are working, and make sure that the protectors are specifically matched to your work environment.

How to encourage earplug use

- Install earplug dispensers throughout your farm to provide a centralized, convenient Hearing Protection Device source
- For those who need to remove their earplugs throughout the day, choose earplugs with attached cords.
- To meet strict hygiene requirements, choose Push-In Foam or other Single-Use earplugs that can be disposed of often, or easy to maintain Banded earplugs.
- For those whose hands get dirty, choose Multiple-Use or Push-In Foam earplugs which prevent dirt from transferring from fingers to earplug.
- To meet inspection and visibility requirements, choose brightly colored earplugs that can easily be spotted during compliance checks.

How to encourage earmuff use

- For those who use other personal protective equipment such as hard hats, faceshields, and respirators, choose Cap-Mounted, Multiple-Position or Neckband earmuffs that can be worn without compromising hearing protection.
- To make sure earmuffs are always close at hand, choose compact folding earmuffs with a belt case.
- To meet dielectric requirements, choose earmuffs with robust non-deforming dielectric construction that will retain headband force.

Caring

Hazardous noise has a cumulative effect. Demonstrating the importance of hearing protection is an important step in a successful hearing conservation program, and an important factor in maintaining an overall healthy lifestyle.

- Train yourself and others on the proper use and fit of earplugs and earmuffs.
- Offer a wide variety of earplugs and earmuffs to fit a range of ears, not just one style for everyone.
- Display informational posters about hearing conservation throughout your farm.
- Use earplugs at home to prevent additional noise exposure such as when cutting the grass, using power tools, attending concerts or auto races, or participating in shooting sports.

For more information, please contact the Canadian Agricultural Safety Association (CASA) at:

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