

Hearing Conservation Fact Sheet

Know Your Hearing Protection

Disposable Hearing Protectors

- Fits many different ear canal shapes and sizes
- Provides good protection for most noise depending on the rating
- Disposable
- Must be inserted properly to get proper protection
- If it does not fit properly it will not work for you.



Reusable Hearing Protectors

- Come in different shapes and sizes.
- Reusable
- Reusable hearing protectors can be made special for each individual
- Finding the right shape and size may be difficult
- Must be cleaned after every use



EarMuffs

- Easy to wear and fits most people
- Easily cleanable
- Can be hot and heavy
- Wearing certain PPE can be difficult for proper seal of the ear plug.

