

Hearing Protection...

HEAR YE, HEAR YE, HEAR

TIME TO GO! PACK UP YOUR TOOLS!



SAY WHAT?! WHO YOU CALLING A FOOL?!



BRAP TRRR RRRRR

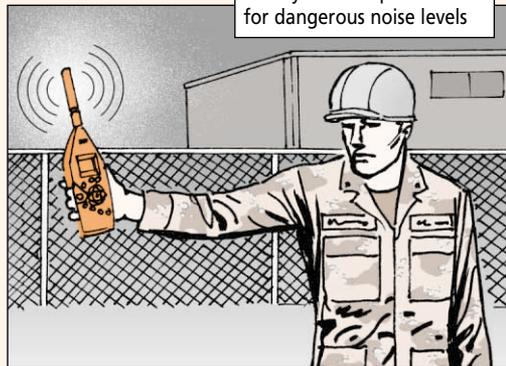
Listen Carefully

Now, listen carefully, because your hearing depends on it. Everyday noise from engines, compressors, jackhammers, shop equipment, power generators and artillery fire injures your hearing over time. Even if the noise doesn't seem loud, it can cause harm. The loss is painless, gradual. By the time you realize you're losing your hearing, the damage has been done.

If you work in a noisy area or your TM directs you to wear hearing protection, then wear earplugs or noise muffs.

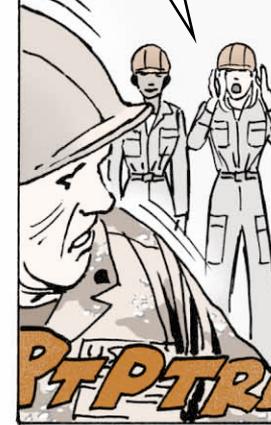
Your safety office or preventive medicine people can test your workplace for dangerous noise levels and tell you what kind of hearing protection to use.

Have your workplace tested for dangerous noise levels



YE, HEAR YE, HEAR YE,

YOU NEED HEARING PROTECTION.



PTPTTRRRRR

I'VE GOT WHAT KIND OF INFECTION!?



RRRRRTTTRRRR

WE SAID, YOU NEED HEARING PROTECTION!!



RTTTRRRR

It Depends on the Decibels

For steady-state noise of 85 to 103 decibels, you must wear single hearing protection, either earplugs or noise muffs. Noise from 104 to 108 decibels requires double hearing protection. That's when you wear earplugs in combination with noise muffs or a helmet designed to reduce noise. Noise greater than 108 decibels not only requires you to wear double protection but also to limit your time exposed to noise. Ask your medical folks for details.

DIDJA GET EAR PLUGS?



BRRR BRRR BRRR BRT

HAH? 'BEER MUFFS'? YOU KNOW WE CAN'T DRINK ON THE JOB!



BRRRT BRRR BRT

SIGH... TURN THE PAGE FOR SOME MORE SOUND ADVICE.

PS MORE

Types of Hearing Protection

Common types of hearing protection include earplugs and noise muffs.

The Army is now discouraging the use of ear canal caps to protect your hearing. They're not as effective in cutting out noise as earplugs or noise muffs.

Foam earplugs are disposable and do not require fitting by medically trained personnel. NSN 6515-00-137-6345 brings 200 individually wrapped pairs. They come in a dispenser box with an adhesive back that makes it easy to stick the box to a wall or door in your work area.

Your medical people must fit you with triple flange or quad flange earplugs. They are issued with a carrying case that can also be used with foam plugs. Get extra cases with NSN 6515-01-100-1674.

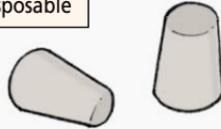
Noise muffs, NSN 4240-00-022-2946, are considered safety items. You can buy them through regular supply channels or from commercial sources.

To learn more about hearing protectors, see Chapter 6 of DA Pam 40-501, *Hearing Conservation Program*. There you'll find information on protector use and requirements, NSNs, ordering products, noise exposure limits and more.

Another good source of information is the hearing conservation program on the US Army Center for Health Promotion and Preventive Medicine web site at:

<http://chppm-www.apgea.army.mil/hcp/devices.aspx>

Foam earplugs
are disposable



Medical people fit triple flange...



...and
quadruple
flange
plugs

