

## Safety Moment: Basics of Hearing Protection

Noise-induced hearing loss is 100% preventable, but once hearing is damaged, it's permanent.

When to Wear Hearing Protection:

- Anytime noise levels exceed 85 dB (e.g., machinery, production floors, power tools).

Types of Hearing Protection:

- Earplugs: Inserted into the ear canal for a snug fit.

- Key Reminders:

- Ensure a proper seal - loose ear plugs won't protect you.
- Keep them clean to prevent ear infections.
- Never modify or loosen your protection for comfort.
- If you must shout to be heard 3 feet away, it's too loud - wear hearing protection!

Remember: Protect your ears today, so you can hear tomorrow.

