



## Hearing Protection

Personal Protective Equipment (PPE) is your last line of defence ensure you use it!

- Make sure your hearing protection is fitted correctly
- Make sure your hands are clean before inserting earplugs to prevent infection
- Change dirty earplugs regularly
- Keep your hearing protection in good condition and store them correctly:
  - Seals on earmuffs should be soft and pliable
  - There should be firm “clamping” pressure to seal the earmuff
  - Replace faulty earmuffs
- Always wear your hearing protection where required in designated High Noise Areas
- Avoid adversely affecting others:
  - Ensure doors are kept closed to high noise areas
  - Barricade areas to keep people out when carrying out high noise work



## Hearing protection is a sound investment



PROUD TO BELONG  
PROUD TO BE SAFE



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