

# MOHS Guide to wearing Hearing Protection

## SEMI-AURAL DEVICE

(Canal Caps)

They are ideal for intermittent use because they are quick to put on and take off.

### HOW TO USE

Hold the large ends of the pods and swivel them to direct the tips into the ear canal. Firmly push the pods into the ear canals until a firm seal is achieved.



## EARMUFFS

Earmuffs have rigid cups with foam cushions. They are suitable for all levels of noise exposure.

### HOW TO USE

Muffs must fully enclose the ear to form a seal against the head. If glasses are worn, you will not get a good seal, thereby reducing protection.



### CARE OF EARMUFFS

Foam cushions can be removed and washed with warm soapy water.

**Do not** modify the earmuff.

**Do not** stretch the head bands excessively.

**Do not** clean with solvents.



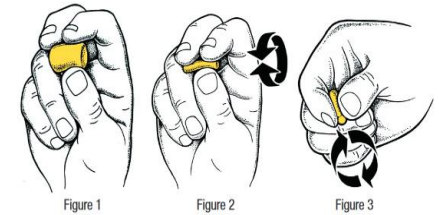
## EAR PLUGS

Are made of expandable slow recovery foam which, once in the ear, expands to provide a snug fit.



### HOW TO USE

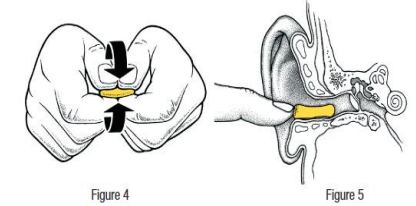
Slowly roll and compress the plugs to a very thin cylinder. While compressed, insert the plug into the ear canal. Fitting is easier if you pull the ear upwards and backwards.



### CARE OF EAR PLUGS

Keep ear plugs clean and free from material that can irritate the ear canal.

They can be washed in soap and water but discard if they become hard or do not re-expand to their original shape.



## PRE-MOULDED EAR PLUGS

These are made from a flexible material and may have a cord joining them to prevent loss.



### HOW TO USE

Reach around the back of your head, pulling the ear upwards and backwards and twist the ear plug slightly as you insert it into the ear canal.



## When should I wear Hearing Protection?

You should wear hearing protection whenever you feel noise is intrusive, wherever & whenever your employer tells you to or when you see a similar sign to this:



## How can I tell if they are fitted correctly?

Your employer should explain how to use and look after your PPE, but if you cup your hands and firmly press them against your ears and there is no difference in noise, then they are probably fitted correctly.

## What if I already have hearing loss or wear a Hearing Aid?

If you already have hearing loss it is vitally important to preserve what hearing ability remains. It is a fallacy to believe that no further damage can occur.

If you usually wear a hearing aid (at work or at home) your company will probably need specialist advice on how to protect your hearing.

A copy of this information leaflet can be downloaded from:

<https://mohs.co.uk/>

## 23.8 Noise at Work - A Guide to Wearing Hearing Protection



**mohs**  
workplace health

*MOHS Workplace Health Ltd*

*83 Birmingham Road  
West Bromwich  
B70 6PX  
0121 601 4041  
[www.mohs.co.uk](http://www.mohs.co.uk)*