

Hearing Loss

## Ear Protection Basics

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### Protect your hearing at any noise level

Over 30% of US workers are exposed to hazardous noise levels each year, but noise-induced hearing loss is 100% preventable with the right protection. To adequately protect your hearing, you need to consider three characteristics of the noise in your facility: sound pressure level (dB), duration and frequency content (Hz).

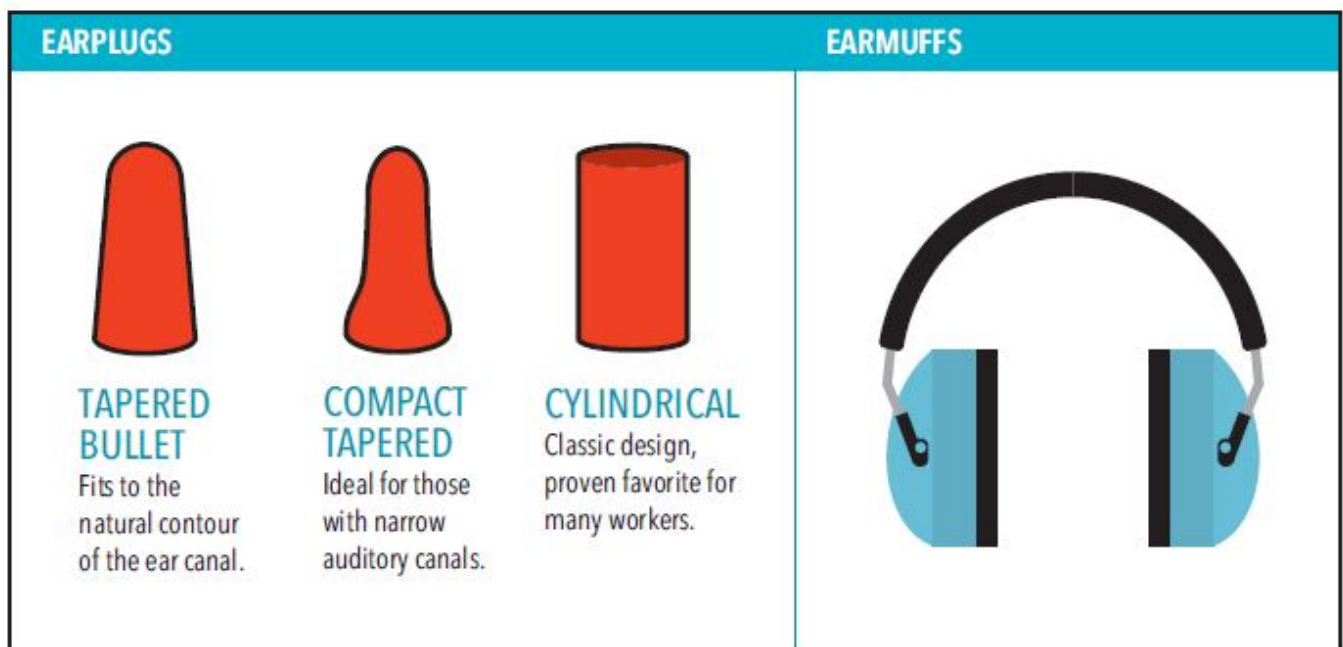
### Which hearing protection solution will serve you best?

#### Earplugs

Convenient and economical, disposable earplugs are made with non-irritating self-adjusting foam and have an NRR of 30 to 32 dB.

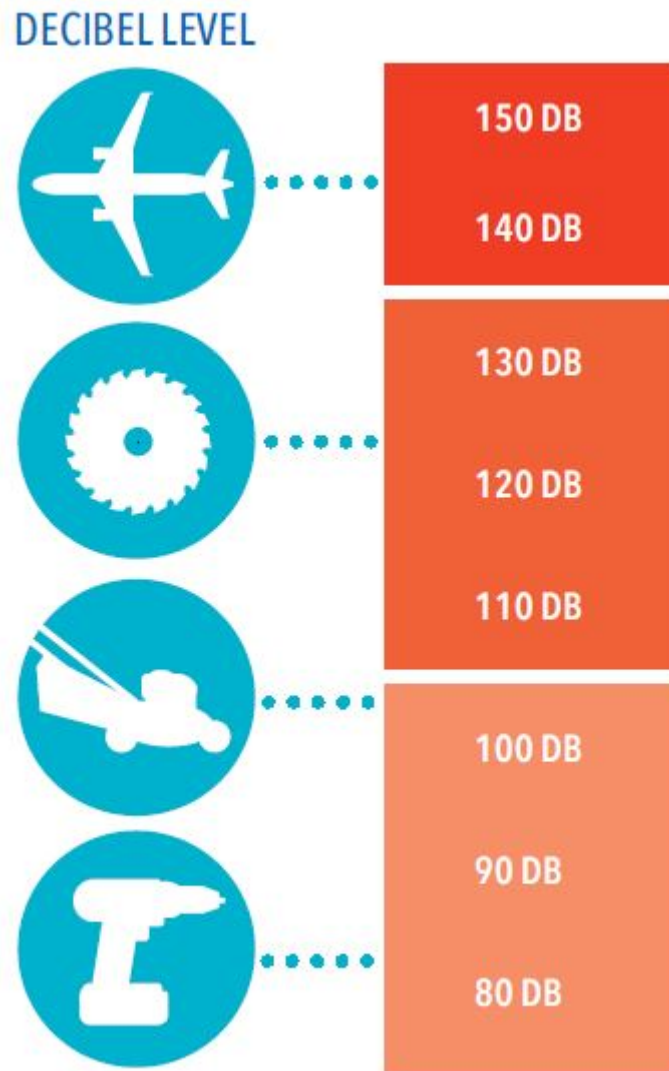
#### Earmuffs

Comfortable and secure, over-the-head earmuffs are easy to use and provide all-day hearing protection.



## The Real Consequences of Not Using Hearing Protection

- Permanent hearing loss
- Physical and psychological stress
- Reduced productivity and concentration
- Inability to hear warning signals which can contribute to accidents and injuries
- Difficulty communicating with others



An ideal noise level is 70-85 dB. Hearing protection should be worn when a work environment's noise levels exceed 85 dB.

### Find the right balance with NRR Ratings

A product's Noise Reduction Rating (NRR) measures its ability to decrease exposure to sounds. The higher the NRR, the more sound protection it offers.

*For more information on PRO-SAFE's ear protection offering, please visit [MSCDirect.com](https://www.mscdirect.com).*

[www.mscdirect.com/betterMRO](https://www.mscdirect.com/betterMRO)

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