Selecting the right earplug – WHAT YOU should consider:

Earplugs are not a one size fits all solution.

Think about:

**SIZE**

Look at the ear canal opening to determine if a different size would be helpful. Women often have smaller ear canals than men.

**SHAPE**

Ear canal openings may appear as round, oval or a slit. A foam earplug often fills uniquely - shaped ears.

**EASE of insertion**

An earplug with a stem may be easier for some workers to insert.

WHILE NOT A GOOD SELECTION FACTOR ON ITS OWN, NOISE REDUCTION RATINGS should be considered. The NRR is a laboratory-based estimate of the amount of protection potentially achieved when the earplug is properly sized and properly fitted. Learn more about NRR ratings (link to blog).

**COLOUR**

Colour is another factor to consider when determining which earplug to use. Some workplaces require high-visibility colours which help worker’s locate dropped earplugs as well as ensure workers are wearing them properly. After all, bright yellow or pink is much easier to spot hanging out of someone’s ears than a dull blue.

**EARPLUG OPTIONS**

Determine which style works best for your workers and application:

- Corded or uncorded
- Disposable or reusable
- Metal-detectable earplugs (as used in the foodservice industry)