

Selecting the right earplug –

# WHAT YOU should consider:



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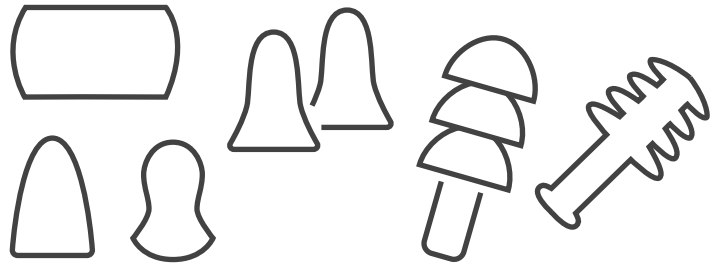
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## Earplugs are not a one-size-fits-all solution.

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

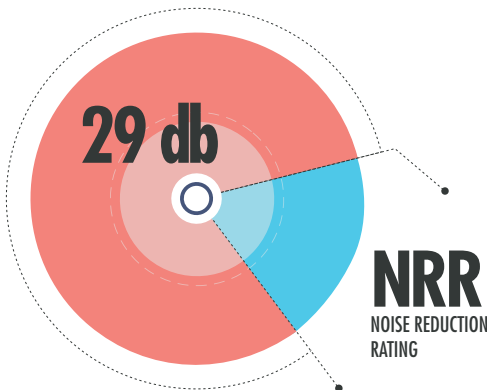
People have different shapes in ear canal openings. A foam earplug can comfortably fill unique-shaped canals.

### 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.



## COLOUR

Colour is another factor to consider when determining which earplug to use. Some industries require specific earplug colours. For instance, blue earplugs are used in food processing because it's a contrasting colour to most food products which makes a dropped earplug easy to identify by the human eye.

## 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 food processing industry)



## DECIBEL SCALE (DBA)\*

