



HEARING PROTECTION DO'S AND DON'TS CHECKLIST

Do:

- Make sure not to skip hearing test appointments.
- Help maintain machinery to reduce noise levels.
- Be aware of noise levels requiring hearing protection.
- Have your hearing tested if you have:
 - noise or ringing in your ears
 - trouble hearing people speaking
 - trouble hearing certain high-pitched or soft sounds
 - TV or radio volume turned so high others complain.
- Wear assigned hearing protectors.
- Report hearing protectors that don't fit well or are in poor condition.
- Make sure hands are clean before inserting or putting on hearing protectors.
- Keep hearing protectors clean.
- Use hearing protectors in loud-noise activities off the job.

Don't:

- Tamper with hearing-testing or noise-reduction equipment.
- Ignore or forget to use hearing protection.
- Use hearing protectors that are loose or cracked.
- Use hearing protectors that don't fit snugly over or into the ear.
- Ignore loud noise levels outside the job.