

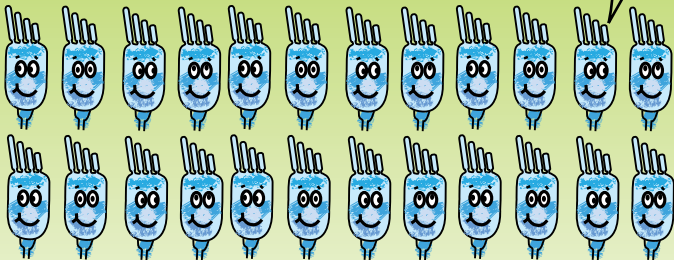
Save Harry!



www.CHSL.org
Denver: 303-322-1871
Colorado Springs: 719-597-3390

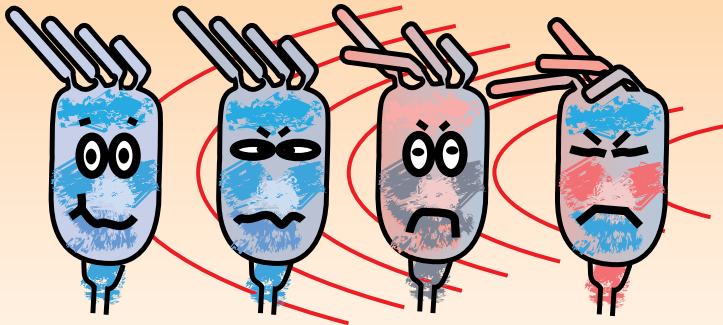
We are your hearing cells.

*I'm Harry
the hair
cell!*



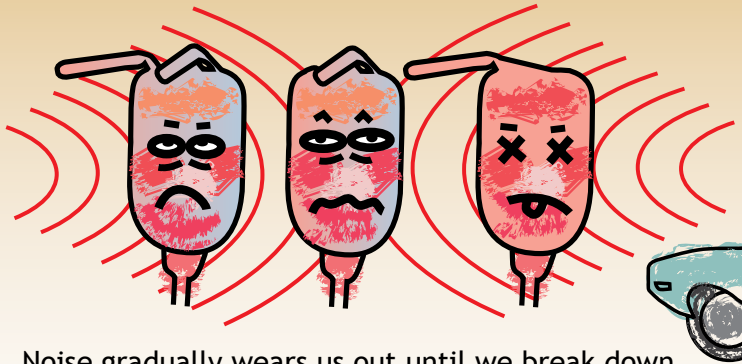
There are 20,000 of us in each of your inner ears. Sound waves coming in from outside set the hairs on our heads vibrating. When that happens we transmit signals that the brain interprets as sound. Some of us react to high-pitched sounds and some of us react to low-pitched sounds.

Noise gives us a hard time.



Day or night, we are always on duty. Any sound that comes in, anytime, we have to route it to your brain. It's a hard life. And **LOUD** noises makes it even harder. We are totally defenseless when noise comes thundering in. Unless you do something about it.

Too much noise can kill us.



Noise gradually wears us out until we break down and die. One after another. The fewer there are of us left, the more distorted the sound your brain receives. You won't notice it's happening. Sounds will be missing or hard to understand. And it might become impossible to hear at all.

If you lead a noisy life, you should protect your hearing.



Damage caused by noise can't be cured. But you can stop it from getting worse by wearing hearing protection.

How to Use Hearing Protection

Disposable Ear Plug Fitting Instructions

Hold the earplug between your thumb and forefinger. Roll and compress the entire earplug to a small, crease-free cylinder.

While still rolling, use your other hand to reach over your head and pull up and back on your outer ear. This straightens the ear canal, making way for a snug fit.

Insert the earplug and hold for 20 to 30 seconds. This allows the earplug to expand and fill your ear canal. Test the fit. In a noisy environment, and with earplugs inserted, cup both hands over your ears and release. You should not notice a significant difference in the noise level. If the noise seems to lessen when your hands are cupped over your ears, your earplugs are probably not fitted properly. Remove and refit following instructions

Always remove earplugs slowly, twisting them to break the seal. If you remove them too quickly, you could damage your eardrum.



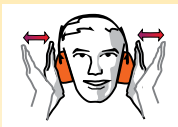
Ear Muff Fitting Instructions

Earmuffs offer excellent protection if the cups are fitted and adjusted properly. Your ears should be completely enclosed by the ear cups.

Adjust the cups up or down to fit the headband securely at the crown of your head. The best performance is obtained when the cushions form a tight seal against your head.

Test the fit. In a noisy environment, place the palms of your hands on both cups and push the cushions towards your head and release. You should not notice a significant difference in the noise level. If the noise seems to lessen when you press the cups, your earmuff is probably not fitted properly.

Regularly check cushions for wear and clean them often with a damp cloth. Check them for wear. If the cushions become hard, damaged or deteriorate, they should be replaced promptly.



Hearing Bands Fitting Instructions

Position the band under your chin. Use your hands to press the ear pads well into the ear canal, using an inward and up and down motion.

One at a time, reposition each ear pad by reaching over your head and pulling up and back over your outer ear. This straightens out the ear canal, making way for a snug fit. Then guide the pads into the ear canal and test the fit.

Test the fit. In a noisy environment, lightly touch the bands with your fingertips, pressing slightly inward. You should not notice a significant difference in the noise level. If the noise seems to lessen when you press the bands, your ear pads are probably not fitted properly.

Banded hearing protection products are made of washable materials and should be cleaned and stored carefully. Inspect regularly for tears or hardening. Damaged pads should be replaced immediately.



Reusable Ear Plug Fitting Instructions

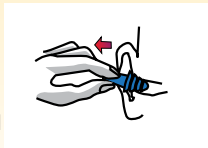
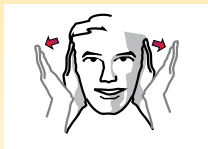
Reach around your head and pull up and back on your outer ear. This straightens out the ear canal, making way for a snug fit.

Hold the stem end of the earplug and insert it well inside your ear canal until you feel it sealing and the fit is comfortable.

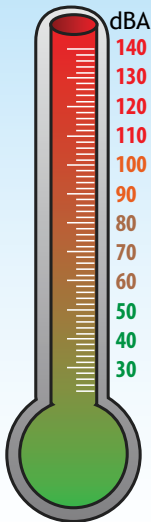
Test the fit. In a noisy environment, and with earplugs inserted, cup both hands over your ears and release. You should not notice a significant difference in the noise level. If the noise seems to lessen when your hands are cupped over your ears, your earplugs are probably not fitted properly. Remove and refit following instructions.

Always remove earplugs slowly, twisting them to break the seal. If you remove them too quickly, you could damage your eardrum.

Reusable earplugs should be inspected and cleaned often in soapy water. If they become hard, torn or deformed, they should be replaced.



How Loud is it?



Painful

firecrackers, jackhammer, jet taking off

Extremely Loud

rock concert, lawn mower, motorcycle

Very Loud - warrants hearing protection

vacuum cleaner, alarm clock

Moderate

normal conversation, moderate rainfall

Faint

whisper

The best way to protect against hearing loss in the future is to protect your hearing today and every day.

Faint to Moderate Sounds

Harry is happy and working well! The MP3 player is turned down low.



Very Loud Sounds

Harry is starting to feel sick.



Extremely Loud Sounds

Harry is very sick and not working very well.

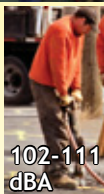


Painfully Loud Sounds

Harry is unable to hear anymore...forever.



Be Aware of the Loudness of Sounds On the Job AND Off the Job



Ear plugs are especially useful to people exposed to excessively noisy devices or environments (85 dB or more).