

# The 4C's of Hearing Protection

## Comfort

Ears come in all shapes and sizes. The right hearing protector should feel comfortable in the ear or on the head – that means different products for different workers.

### How to select the most comfortable earplug

For long-term wear	Choose Single-Use or Multiple-Use earplugs
For workers who are exposed to intermittent noise, such as supervisors and visitors	Choose Banded earplugs that can be inserted and removed as needed
To eliminate that feeling of "tightness" in the ear canal	Use low-pressure foam earplugs that expand gently to create a seal, such as Howard Leight® Max Lite®
For workers who have difficulty inserting foam earplugs	Select Howard Leight Matrix™ No-Roll earplugs or Multiple-Use which do not require rolling prior to insertion
For better fit with pre-molded earplugs	Choose a product that comes in a variety of sizes, such as Howard Leight Fusion® or SmartFit®, which adapts to the contours of the ear canal for a more personalized fit
To simplify choices and ensure a custom fit for each worker	Choose Howard Leight SmartFit earplugs with Conforming Material Technology™ that adapts to the shape of the ear canal, for a comfortable, personalized fit, or MultiMax®, which offers two sizes in one earplug and can reduce inventories

### How to select the most comfortable earmuff

For workers who are exposed to hazardous noise over the entire workday and demand a high degree of comfort	Choose lightweight Bilsom® earmuffs such as Leightning® L1, Thunder® T1 or Clarity® C1 earmuffs
For hot/humid or extreme cold conditions	Add Cool II Pads to Bilsom earmuffs to absorb perspiration or provide additional warmth in cold climates
For use with hard hats, faceshields, welding helmets, or respirators	Choose Bilsom Cap-Mounted, Multiple-Position, or Neckband earmuffs that can be worn with other personal protection equipment (PPE) without compromising protection from noise

## Communication

The right hearing protector reduces noise to a safe level, but avoids overprotection that compromises communication and worker safety on the job.

To protect workers and prevent overprotection, especially in marginal noise environments	Choose Hearing Protectors that match the noise levels in your workplace, such as Howard Leight Matrix No-Roll earplugs or Quiet® Band series Banded earplugs, or Bilsom Leightning, Thunder, Viking, and Clarity earmuffs which offer multiple attenuation levels
To block loud noise while allowing important communication to be heard more naturally	Choose Howard Leight Matrix earplugs or Bilsom Clarity series earmuffs that offer uniform attenuation, blocking low and medium frequencies while voice and other high frequency sounds can be heard more naturally and without distortion
To enhance communication for workers with a pre-existing hearing impairment	Select sound amplification earmuffs, such as the Bilsom Impact™ series that can raise ambient sound to a safe volume, while protecting wearers from hazardous noise
To protect workers exposed to impulse noise	Choose electronic earmuffs that limit sound amplification to a safe volume, and revert to passive hearing protection when noise reaches unsafe levels, such as Bilsom Impact and Electro® series earmuffs

## Convenience

At work, give employees easy access to hearing protectors – and make sure that the choices are specifically matched to the work environment.

### How to make earplug use more convenient

To provide a centralized, convenient HPD source	Install user-friendly Earplug Dispensers throughout your facility – a cost-effective solution
For workers who need to remove their earplugs during the workday	Choose earplugs with attached cords so they stay within easy reach and won't get lost
To meet strict hygiene requirements	Offer Matrix No-Roll earplugs or other Single-Use earplugs that can be disposed of often, or easy to maintain Banded earplugs
For workers whose hands get dirty	Choose Multiple-Use or Matrix No-Roll earplugs which prevent dirt from transferring from the fingers to the earplug
To meet inspection and visibility requirements	Choose brightly colored earplugs that can easily be spotted during compliance checks
To meet process industries' zero-tolerance requirements during production	Choose Detectable earplugs that offer both visual and metal detection for food/beverage processing, pulp and paper, tobacco and other process industries

### How to make earmuff use more convenient

For workers who use other personal protective equipment, such as hard hats, faceshields, and respirators	Choose Bilsom Cap-Mounted, Multiple-Position or Neckband earmuffs that can be worn without compromising hearing protection
To make sure earmuffs are always close at hand	Offer compact folding earmuffs with a belt case
To ensure high visibility and enhanced safety for construction workers, transit workers, airport crews or other worker who are exposed to additional risks	Choose Bilsom Leightning Hi-Visibility earmuffs with brightly-colored earcups and reflective headbands
To meet dielectric requirements	Choose earmuffs with robust nondeforming dielectric construction that will retain headband force, such as Bilsom Thunder, Viking, and Clarity series

## Caring

Many people don't realize that hazardous noise has cumulative effects. Demonstrating the importance of hearing protection is an important step in a successful hearing conservation program, and an important factor in maintaining an overall healthy lifestyle.

### How to motivate your workers to move beyond compliance and wear hearing protection on the job and at home

Train workers on the proper use and fit of earplugs and earmuffs – when they start with the company and on an annual basis
Offer a wide variety of earplugs and earmuffs to fit a range of ears, not just one style for everyone
Allow your workers to be a part of the HPD selection and motivation process – worker input and enthusiasm will set an example across your workforce
Display informational/motivational posters about hearing conservation throughout your facility, not just in the safety office
Offer public recognition and praise for workers who always wear their HPDs
Make sure managers set the right example by wearing their HPDs in noisy areas. This sends a clear signal that from the top down, the company cares about everyone's hearing safety
Encourage workers to take their earplugs home to prevent additional noise exposure – when they mow the lawn, use power tools, attend rock concerts or auto races, or participate in shooting sports

**The best hearing protection is worn 100% of the time and worn properly in hazardous noise.**



**Bilsom**



**HOWARD LEIGHT**

Hearing protection devices engineered by Bilsom offer you and your employees the most choices in advanced protection. Our innovative earmuffs are tested to the limit every day in some of the most challenging environments in the world. Whether you need to protect workers from long-term exposure to harmful noise or facilitate communication among co-workers in hazardous environments, Bilsom has the expertise to deliver innovative and reliable solutions for hearing protection and sound management.

## Bilsom Earmuffs Personal sound management for demanding environments.

Howard Leight leads the industry by offering the most innovative choices for in-ear hearing protection. Our complete line of Single-Use, Multiple-Use, Detectable and Banded earplugs includes options for material, shape, size and rating that provide a unique Comfort Profile for every user, every environment. Whether your outfitting employees by the handful or by the hundreds, Howard Leight offers convenient and economical options that fit the needs of your workplace, helping you to ensure that hearing protection is used consistently and properly.

## Howard Leight Earplugs The right fit for every user, every environment.

**HOWARD LEIGHT**  **Bilsom**  
Innovations In Hearing Safety



**Bacou-Daloz Hearing Safety Group**  
7828 Waterville Road, San Diego, CA 92154  
Cust Service ph. 800/430-5490 • fax 401/232-3110  
[www.hearingportal.com](http://www.hearingportal.com)



## Key to the 4Cs Safety Beyond Compliance

Protect your people. Protect their hearing. Completely and without compromise