Hearing protection only works when it is **worn**, is the **right type** and is **well maintained**. It is important to manage it properly to ensure maximum protection. Hearing protection is provided by your school.

**WHEN TO WEAR HEARING PROTECTION**
- When using leaf blowers
- When operating the ride-on mower
- When using brush cutters, whipper snippers, hand mowers etc.
- When using power tools
- When using any equipment or performing any work that is noisy

**SELECTING YOUR HEARING PROTECTION**

When purchasing earmuffs or earplugs make sure they have the Australian Standard approved symbol.

Earmuffs or Earplugs must be rated at Class 5 (for noise exposures 105-110 decibels)
- Earmuffs provide greater protection from noise than earplugs (earplugs are useless if not fitted properly)
- Earmuffs are easier to use when you have to take hearing protection on and off during the day
- Earmuffs are a better choice when working in a job where you get dirty hands
- You can buy a box of cotton sweat pads to put over the cups of your earmuffs to make them more comfortable and not slippery to wear in Summer
- Earmuffs should be a snug but comfortable fit on your head
- Earplugs can be good to wear at times when you are wearing other PPE
MAINTAINING YOUR HEARING PROTECTION

Earmuffs need to be checked regularly for damage and need regular care and cleaning
• earmuffs should provide a firm but comfortable seal around the ear
• the cushions of the earmuff should be soft and supple and replaced when they become hard, cracked or brittle
• the earmuffs should be replaced if the outside cups are indented, cracked or damaged
• earmuffs should be stored where they can be kept dry, clean and out of the sun as the band can become distorted when exposed to heat and humidity
• do not stretch the headband over equipment when not in use as this reduces their effectiveness
• earmuffs can be wiped clean with baby wipes or detergent and water.

Earplugs
• disposable earplugs should be thrown away after each use
• reusable earplugs can be cleaned using detergent and water and must be dry before the next use
• if earplugs lose their softness, shrink or become distorted they need to be replaced
• earplugs should be stored where they can be kept dry, clean and out of the sun.

Further information
Further information on Noise is available from the Creating Healthier Workplaces website

Noise Induced Hearing Loss is PREVENTABLE.

Once your hearing is gone it will never come back.

Protect your hearing – you won’t get a second chance.