

## ULTRA ACCESS

### Disposable Earplugs - Protecting your Ears

How they work, and why / when to wear them

**Disposable Earplugs** are designed to reduce ambient noise and help protect ones hearing in loud environments.

Typically made from soft, (squish-able) compressible materials like polyurethane foam or silicone, they conform to the ear canal's shape when inserted.

The material properties allow them to expand inside, creating an airtight seal that blocks a fair amount of sound waves, **potentially reducing noise by up to 30dB** (decibels).



Widely available online - cheap to buy, or most medium-sized construction projects will have them available for free, either in dispensers at various locations around site, for instance by Notice Boards, or First Aid Stations, or in the Site Offices, or Toilets.

They are disposable and can also be used multiple times, as long as they are kept clean, to avoid getting ear infections, due to dirt being put into your ear canal.

**Scaffolders Impact Wrenches could reach noise levels of 100dB +, and these earplugs could very well reduce that level to 70dB** - a very manageable level, for all those within a close proximity to the works being carried out.

#### Easy to use:

1. Make sure that your ears are clean / unblocked, before inserting anything into them.
2. Have them ready before carrying out works with high noise level tools (like Scaffolders Impact Wrenches), or walking into noisy environments...
3. Take an earplug (most, unless specially designed are ambidextrous in their use), **making sure that its clean** and twist it between your finger and thumb.
4. Once the end you wish to insert into your ear is squished enough, place it into your ear, and allow it to expand in your ear canal - you should be able to feel and hear its expansion... give it maybe 20 seconds to expand fully.
5. **Do NOT push it too far in to your ear**, or you will struggle to get it out...
6. About ½cm / 5mm should be sticking out, so you can remove as needed.
7. Repeat the process for your other ear.



Damage to your ears over time can cause Tinnitus... which is a never ending ringing in your ears, thats both irreparable and near-maddening - it only stops when you sleep.

Its worth being proactive and having multiple earplugs at your disposal and in your kit/pockets, for whenever you need them - **Protect your ears, you only get 1 pair...**