

Hearing protection



What type is best for you?



Earmuffs



PROS



Good protection



Reusable



Easy on/off



Radio option allows you to listen to sports/music

CONS



May not fit well over glasses



Higher initial price



Facial hair may affect fit



Uncomfortable in hot environments

Formable Earplugs



PROS



Good protection



Lowest initial price



Comfortable



Can be worn with glasses and earrings

CONS



Easy to lose



Disposable



More time to insert



Requires clean hands for insertion

Push-in Earplugs



PROS



Low initial price



Easy on/off



Reusable



Use stem for quick and clean insertion

CONS



Lower protection



Must have correct size



Easy to lose

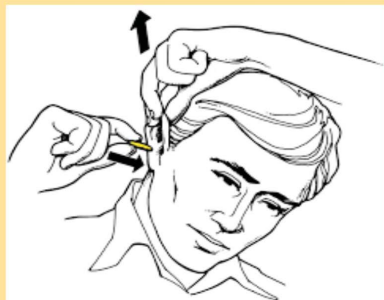
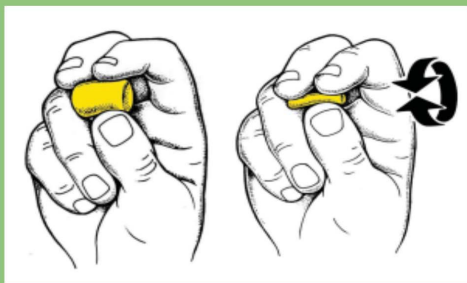


Can become uncomfortable after long periods of time

Earplugs are cheaper than hearing aids!

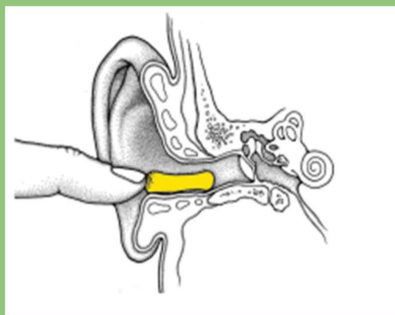
How to insert formable earplugs

1) ROLL
between
your thumb
and fingers

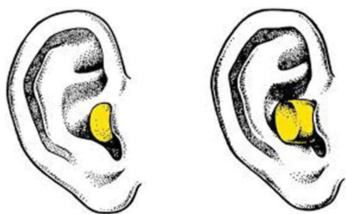


2) REACH
over your
head and pull
up on your ear

3) INSERT
rolled plug
into ear canal



4) HOLD
plug in place
as it expands
to ensure
proper fit



Good

Bad



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