

HEARING PROTECTION EXPLANATION OF STANDARDS

LOUD NOISE IS HARMFUL. ABOVE ALL, LOUD NOISE DAMAGES THE HEARING – PERMANENTLY. OUR HEARING ALREADY SUFFERS AT A NOISE LEVEL OF 85 DECIBELS AND IMPAIRMENTS AS WELL AS HEALTH PROBLEMS OCCUR. **PROTECT YOURSELF AGAINST TINNITUS, HEARING LOSS OR A BLAST TRAUMA WITH RELIABLE HEARING PROTECTION.**

- ! • **EN 352** Hearing protectors – General requirements
- **EN 352-1** Ear muffs
- **EN 352-2** Ear plugs
- **EN 352-3** Ear muffs attached to head protection and/or face protection devices

When is hearing protection mandatory? Specific regulations apply to companies:

From a sound pressure level of 80 dB(A)
Optimum hearing protection must be provided by the company at the employee's request. Employees are not obliged to wear the hearing protection.

From a sound pressure level of 85 dB(A)
Optimum hearing protection must be provided by the company. All employees are obliged to wear the ear protection.

SNR VALUE – PROTECTIVE EFFECT IN THEORY AND PRACTICE

The protective effect of your hearing protection is defined with the SNR value (Single Number Rating). The SNR value stands for the average attenuation value of all significant frequencies. Example: Your hearing protection with a SNR value of 30 dB reduces noise exposure from 95 dB to 65 dB. In practice, to be on the safe side, the following guideline values are subtracted from the specified attenuation values:

Ear plugs	Ear muffs	Ear moulds
-9 dB	-6 dB	-3 dB

Double protection

- If there is a high proportion of low frequencies – from generator rooms or compressors, for example – an employee's noise exposure of 105 dB(A) is exceeded. Double protection may be required in such cases!
- Rule of thumb: You can achieve an approx. 6 dB higher noise attenuation with ear muffs plus ear plugs. The additional protection provided is determined by the sound frequency. To evaluate the combined attenuation, add 6 dB to the higher attenuation value of the ear plugs or ear muffs.

These guide values apply to the service life of hearing protectors in daily use

- Expansion foam plugs** 1 day to 1 week
- Plastic plugs** 1 week to 1 month
- Hearing protection ear muffs** 1 to 4 years. The ear pads must be checked for elasticity, cleanliness and defects every 6 months and replaced if necessary.
- Hearing protection ear moulds** Up to 6 years (with follow-up inspection after 3 years)

