uvex

hearing protection guide

protecting people

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uvex hearing protection guide
How to choose hearing protection.

The appropriate form of hearing protection varies according to the wearer's ear and the area of application.

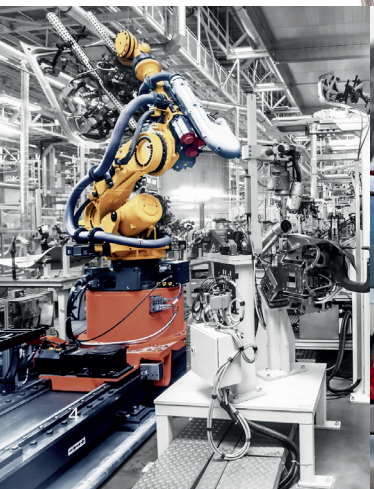
This guide contains information regarding noise and hearing protection.

Contents

What actually is noise?

Noise is not only loud sounds which damage hearing; sounds perceived as disruptive and burdensome are also noise.

For example, a clock ticking or a dripping tap may impair our concentration.



Effects of noise on hearing and the human body

Our hearing is on permanent standby. It can never take a break and cannot be “switched off”.

This means that our bodies are exposed to the full spectrum of noise every day. This might be noise at work, traffic noise or when attending a concert in our free time. Our hearing is under constant strain.

But it is not just our hearing that is affected. Noise also results in stress which affects the whole body.

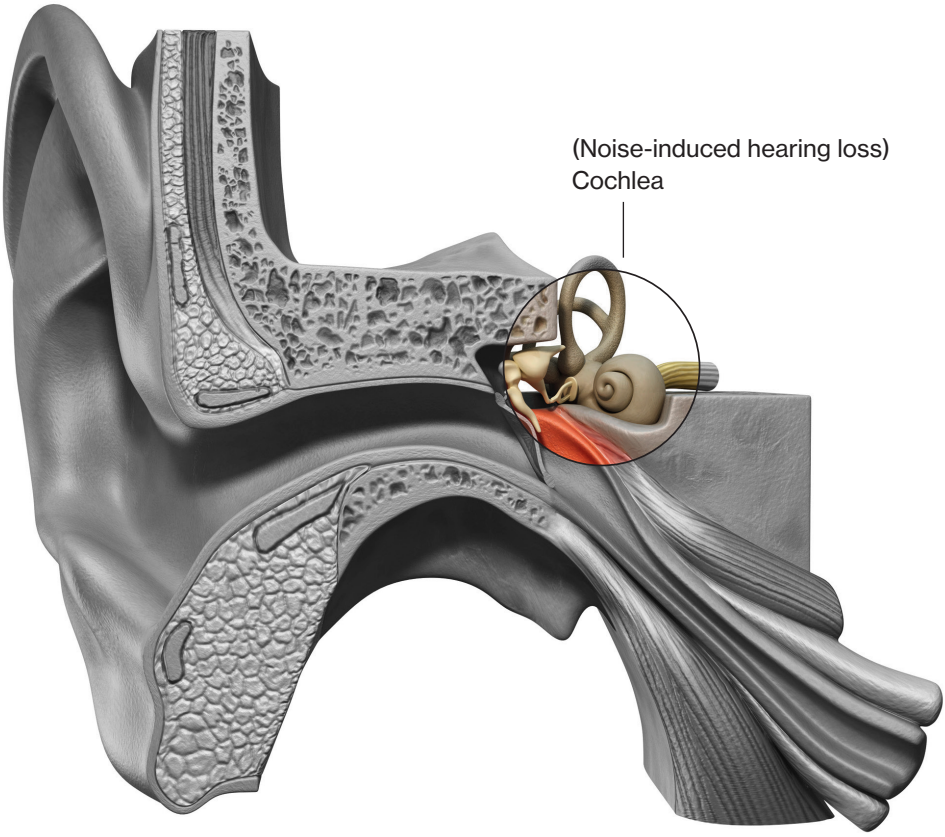
Subconsciously, noise affects the entire human organism. This can lead to headaches and gastrointestinal illnesses, or even high blood pressure and noise-induced hearing loss.

Noise-induced hearing loss

We are exposed to noise every day, which is damaging to our hearing.

Hearing loss develops gradually and painlessly. Sensory hair cells in the cochlea are irreparably damaged over time.

The first signs of hearing loss can often be noticed in noisy environments. Those with impaired hearing will find it difficult to properly follow conversations in such situations. They may need to ask for things to be repeated more often, they might constantly turn the radio up and they might find that telephone calls lead to misunderstandings. Social withdrawal is often an effect of hearing loss.



Adverse health effects of harmful noise

Listed below are the maximum periods of time a person should be exposed to harmful noise per day without wearing hearing protection.

85 dB	**8 hours**	103 dB	**7.5 minutes**
88 dB	**4 hours**	106 dB	**4 minutes**
91 dB	**2 hours**	109 dB	**2 minutes**
94 dB	**1 hour**	112 dB	**1 minute**
97 dB	**30 minutes**	115 dB	**30 seconds**
100 dB	**15 minutes**		

Protect your hearing!

Use uvex hearing protection to protect your hearing from the impact of harmful noise in the workplace.

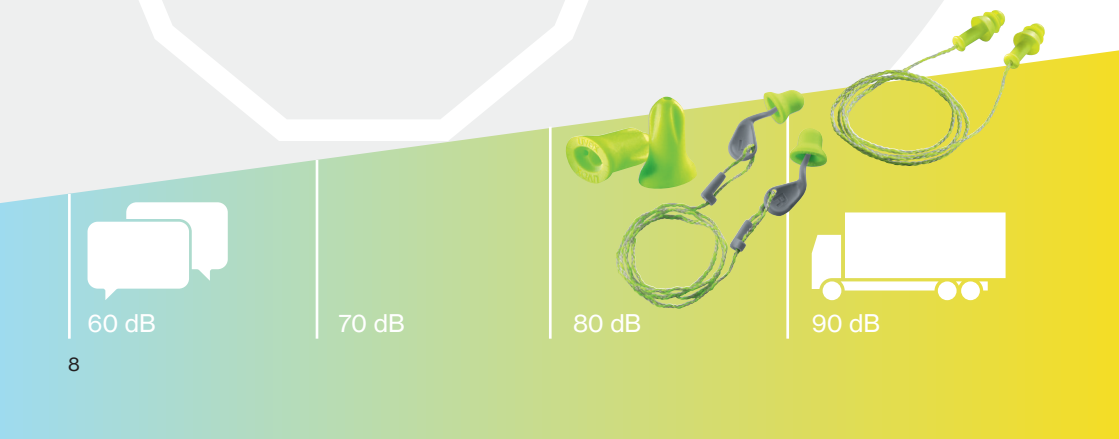
Earplugs for every situation

It is essential to have effective acoustic insulation to protect hearing in noisy environments. With the right insulation, harmful or irritating noise can be isolated, while important alarm signals are still audible and speech perception i still obatined.

It's all about the correct choice

Factors that determine the choice of hearing protection

- **Wearing period**
- **Noise situation**
- **Precision fit (people with beards or glasses)**
- **Efficacy (insulating earpiece pads)**
- **Ease of use**
- **Compatibility with other PPE**
- **Individually adaptable hearing protection**



What level of noise insulation is required?

Under the Australian Standard AS/NZS 1270:2002, the class is an easy way to choose a hearing protector appropriate to a noise exposure. The standard rates hearing protection into five classes, with Class 1 being the lowest level of protection and Class 5 being the highest level.

The system is based on the SOUND LEVEL CONVERSION (SLC80) rating which is the difference between the sound level of the environment in which the hearing protection is worn and the sound level reaching the wearer's ears. This is converted to a Recommended Noise Range.

Once the extent of the noise hazard has been determined by a noise level survey, the user simply applies this to the table below for selecting an appropriate hearing protector. For example if a person is exposed to noise with a LAeq,8h of 97 dB(A) a Class 3 hearing protector is suitable.

Class of hearing protector required

LAeg,8h dB(A)	Class
Less than 90	1
90 to less than 95	2
95 to less than 100	3
100 to less than 105	4
105 to less than 110	5
Greater than 110 or equal to 110	Seek specialist advice

Every ear is different

Ear canals vary in size and shape. This means an earplug which fits properly is required.

For this reason, uvex offers a number of forms of hearing protection, appropriate for the many different shapes and sizes of ear canals. Or you can even choose individually adapted otoplastic hearing protection.

Individual adaptation

A unique design, even inside the earplugs

uvex x-fit	uvex com4-fit	uvex hi-com	uvex xact-fit
			
			
			
• intricate recess design for long-term wearer comfort • designed to minimise pressure in the ear canal • grip section for easy insertion and removal	• intricate recess design for long-term wearer comfort • designed to minimise pressure in the ear canal • grip section for easy insertion and removal	Defined protection zone for controlled noise reduction, resulting in excellent speech and signal recognition and good communication.	Oval-shaped foam earplugs mimic the natural shape of the ear canal for low pressure fit and enhanced comfort.


uvex

Long wearing periods – comfort is key!

Comfort is essential if you rely on hearing protection at work for most of the day.

When we develop our products, we place great importance on ergonomics and optimal fit in the ear canal.

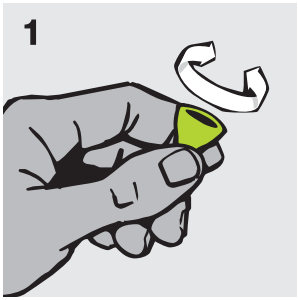
Individually adaptable otoplastic hearing protection offers maximum comfort.


uvex
uvex
10
uvex GRADE
TOP
7200

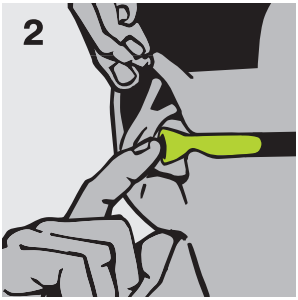
Fitting and correct usage of disposable earplugs

Hearing protection must be inserted correctly in order to ensure the protective function.

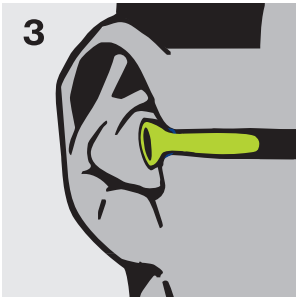
If protection is not used correctly, there will be minimal, if any, protective effect. Read the instructions for use carefully to make sure that the hearing protection is correctly fitted.



Briefly roll and compress the earplug

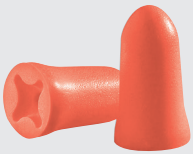


With one arm, reach over the head and pull the ear slightly upwards, so that the ear canal is straight. Place the earplug in the ear and hold it in place for a short time



Perfect fit

uvex disposable earplugs

uvex hi-com HC-UC	**uvex xact-fit** XA-CD	**uvex com4-fit** CF-UC	**uvex x-fit** XF-UC
 SLC80			
16 dB, Class 2	**22 dB, Class 4**	**22 dB, Class 4**	**26 dB, Class 5**
			

Other products

fawn colour	banded ear protectors	with cord	with cord detectable

uvex reusable earplugs

uvex whisper+	xact-fit reusable S	xact-fit resuable M/L
WP-CD		
		
27 dB, Class 4		
		
detectable		

uvex earmuffs

uvex K10
2630010

SLC80: 27dB, class 5

length adjustment

padded headband

foldable headband

memory foam

uvex K20
2630020

SLC80: 30dB, class 5

length adjustment

padded headband

foldable headband

memory foam

uvex K30
2630030

SLC80: 32 dB, class 5

length adjustment

padded headband

foldable headband

memory foam

uvex earmuffs

uvex KX10

2630011

SLC80: 27dB, class 5

length adjustment

padded headband

foldable headband

rubberised outer casing

memory foam

uvex K20 hi-viz

2630021

SLC80: 30dB, class 5

length adjustment

padded headband

foldable headband

Earmuffs in high-visibility design

memory foam

uvex K30H

2630230

SLC80: 23dB, class 4

dielectric helmet earmuffs

continuous length adjustment

operating/standby and resting positions

memory foam

uvex earmuffs

uvex K200

2600.200

SLC80: 28 dB, Class 5

length adjustment

optimum fit 360° rotation

dielectric

Option: compatible with bump cap

uvex K1

2600.001

SLC80: 28db, Class 5

length adjustment

padded headband

uvex K2

2600.002

SLC80: 31 dB, Class 5

length adjustment

padded headband

memory foam

uvex earmuffs

uvex K3

2600.003

SLC80: 33 dB, Class 5

length adjustment

padded headband

memory foam

uvex K4

2600.004

SLC80: 35 dB, Class 5

suitable for loud noise levels

hi-viz design for visual recognizability

length adjustment

padded headband

memory foam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UVEX SAFETY AUSTRALIA
LIMITED PARTNERSHIP

Unit 3 Riverside Centre
24-28 River Road West
Parramatta NSW 2150
AUSTRALIA

Tel.: +61 2 9891 1700
Fax: +61 2 9891 1788
E-Mail: info@uvex.com.au
Internet: uvex-safety.com.au

Sydney 1800 815 790
Melbourne +61 3 9832 0851
Brisbane +61 7 2104 8955
Adelaide +61 8 8376 0732
Perth +61 8 9209 1444

UVEX Safety New Zealand Pty Ltd

Tel.: +64 9 300 3519
E-Mail: info@uvex.co.nz
Internet: uvex-safety.co.nz

protecting people