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- 5 REASONS TO WORK SAFE
- HEARING PROTECTION DEVICES

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Five Reasons to Work Safe

We all have different reasons for why we choose to do certain things and why we may not choose to do others. When it comes to working safely, we should all want to choose to make the right decision. We all are different in the way we think, but there are many common reasons why we should choose to work safe. No matter what your motivator may be keep these five reasons in mind as to why we should all strive to work safe.

Your health. Obviously, your health and well-being should be the biggest motivator as to why you should choose to work safe. Once we lose our health or impact it severely, it may never be the same. It is important to really think about how a severe injury would change the rest of your life.

Providing for your family. Your family depends on your ability to earn an income. When you are injured or ill you can lose that ability very quickly. Even if it is only for a short time the financial and emotional effects on your family can be drastic.

Your reputation. While productive employees are still very much rewarded at many companies, working safely is often recognized right along with production. Your reputation at work not only affects you in your current position, but it also can affect whether you earn a future promotion at your company or land opportunities at other companies. No one wants to reward a risk-taker or put them in a position of power. If it is known that you are a worker that cuts corners or does not work safely it could make all the difference in whether you get the chance at a better opportunity.

Your coworkers. Making the choice to take a shortcut can not only harm yourself, but you can also harm a fellow coworker. Everyone's safety on the job depends on not only on their own choices but the choices of all the workers there.

Your company as a whole. Whether you love the company you work for or not, the job they provide you with pays your bills. Working safely allows business to continue thus providing the opportunity for you to continue to pay your bills as well as your fellow coworkers to do the same.

Summary

Think about how the choices you make on the job not only affect you, but also how they affect your family, your coworkers, and the company. Reminding yourself of the far-reaching consequences an incident can have on many different people can reinforce making the right decision when working safely. Keep these five reasons to work safe in mind the next time you see a coworker taking risks at work. When one person chooses to take risks, everyone is at risk to suffer the consequences.

HEARING PROTECTION DEVICES

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Hearing protection devices (HPD) such as earmuffs and earplugs can be an effective measure to protect hearing in noisy work environments. However, hearing protection devices are only effective if they are properly sized and carefully fitted into or over the ear. The two common HPD categories are earplugs and earmuffs.

There are several common types of hearing protection devices:

- Formable earplugs made of expandable foam. One size fits most people.
- Pre-molded earplugs made from flexible plastics. Often sold in different sizes, they should be selected to provide best fit for each ear.
- Semi-aural devices, or canal caps, consisting of flexible tips on a lightweight headband. They provide less protection than earplugs or earmuffs but may be good for intermittent use.
- Earmuffs having rigid cups with soft plastic cushions that seal around the ears.

The formable foam earplug must be narrowed and compressed by rolling before it is inserted into the ear canal. Once inserted, the earplug expands to fill the ear canal and to reduce noise transmission further into the ear. If it is inserted incorrectly, the foam earplug will provide much less protection against noise.

To properly fit a formable foam earplug:

1. With clean hands, slowly roll and compress a foam earplug into a very thin cylinder.
2. Reach around the head with one hand to pull the top of the ear slightly outward and upward while inserting an earplug into the ear canal with the other hand.
3. After insertion, hold foam earplugs in place with a fingertip for a few moments to ensure that the plug expands in the ear canal without moving out of the ear. In a noisy environment, the reduction in perceived sound level as the plug expands should be noticeable.
4. Have a coworker visually check the earplug.

If the half or more of the earplug is sticking out of the ear canal, it not fitted correctly and won’t provide the designed protection.

Contact your manager immediately if replacement hearing protection is needed.