

## **Checklist for Training Employees to Use and Care for Hearing Protection**

Train your employees to know:

- Why hearing protection is necessary, i.e., the workplace hazards that threaten their hearing
- How the ear plugs or earmuffs will protect them
- Limitations of the hearing protection
- When they must insert or wear the hearing protectors
- How to adjust earmuff parts for a comfortable and effective fit or form the ear plugs to fit their ears
- How special earmuffs fit over an employee's corrective lenses
- How to clean and disinfect the hearing protection