

# Hearing Protection Devices

## What is a hearing protection device (HPD)?

Use of hearing protection devices (HPDs) is required in all situations where there is a risk of noise-induced hearing damage. Examples may include loud environments and/or activities that regularly expose a worker to sound levels above the maximum recommended exposure limit (MREL) of 85 dBA (dBA) over a typical 8-hour workday. In order to capture variations in noise levels, the MREL is set at 80 dBA.

## Why wear hearing protection?

Extended exposure to high noise levels creates a hazard to hearing. There is a significant risk of Noise Induced Hearing Loss (NIHL) when HPDs are not used where and when required. In addition, the effectiveness of HPDs is greatly reduced when worn incorrectly or removed, even for short periods of time.

## How to select a hearing protection device?

Obtaining a proper fit is essential. Factors to consider when selecting an appropriate HPD include but are not limited to ambient noise, task, environment, and user comfort.

[Western's Health, Safety & Well-being office](#) can assist with selecting the proper HPDs.

## General use instructions

- Manufacturer's instructions for use should be followed.
- Inspect the device regularly for wear and tear, and replace as needed.