Common Mistakes When Using Hearing Protection Picture This



This image illustrates a critical mistake in noisy environments: touching or adjusting hearing protection improperly, or possibly not wearing it at all. One of the most common mistakes is failing to wear hearing protection consistently, especially when noise levels seem tolerable for short periods. Workers may also insert earplugs incorrectly, wear damaged earmuffs, or remove them briefly during high-noise tasks.

Even small lapses can expose the ears to dangerous sound levels, increasing the risk of noise-induced hearing loss (NIHL). To prevent this, workers must ensure hearing protection fits properly, is worn throughout the entire noisy task, and is replaced if worn out. Supervisors should enforce compliance and provide regular training on correct use, reinforcing that effective hearing protection

only works when used properly and consistently.