

**3M** Science.  
Applied to Life.™

# 3M™ Hearing Conservation

Make sure your workers are protected  
with the 3M 4-step approach

**BUNZL** **GREENHAM**  
Protecting People Everyday

Excessive workplace noise can lead to irreversible, yet entirely preventable, conditions that can significantly impact a person's day-to-day life.

**11**

**million**



people in the UK suffer from hearing loss

**1 in 5**



people in the UK will suffer from hearing loss by 2035



**900K+**

people in the UK are severely or profoundly deaf

**20K**



people during the last year suffered from NIHL – caused or made worse by work



NIHL is

**100%**

preventable

**Sources:**

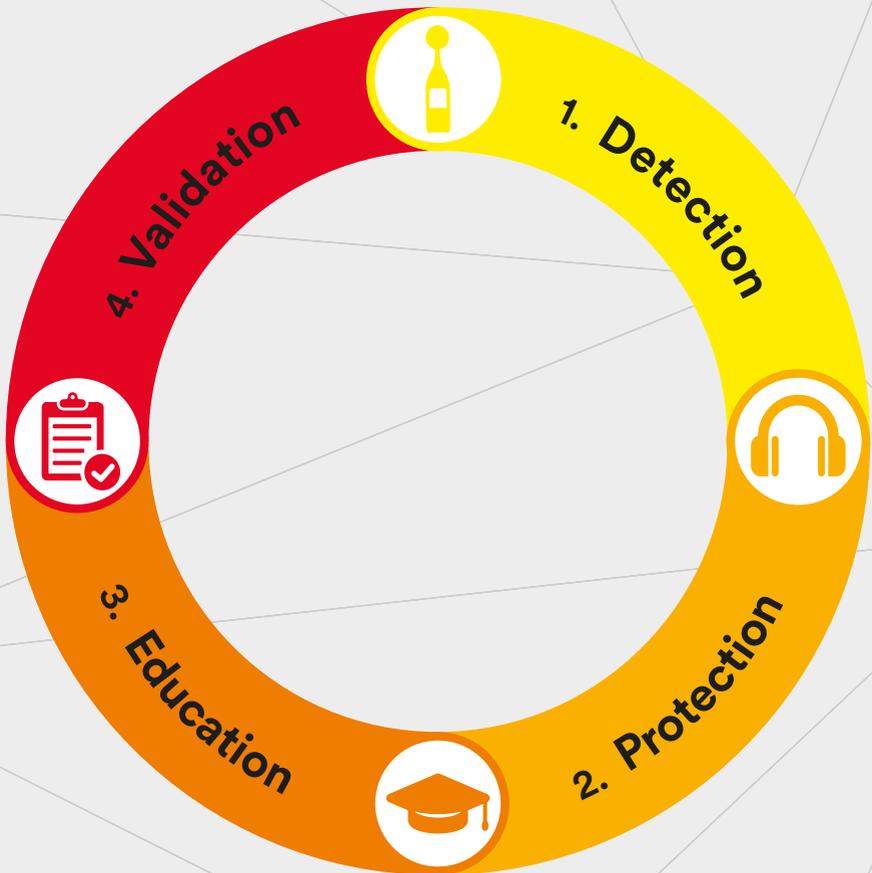
<https://www.actiononhearingloss.org.uk/your-hearing/about-deafness-and-hearing-loss/statistics.aspx>

<http://www.hse.gov.uk/statistics/causdis/deafness/index.htm>

# 4-step hearing conservation programme

At 3M, we know Personal Protective Equipment (PPE) specification can be confusing. With our 4 step, flexible process we break it down into manageable chunks.

This means that you and your business can rest easy knowing that you've made the right decisions to ensure that your people are protected and your business is compliant.





# 1 Detection

## Measure your noise levels

Identifying noise hazards and assessing noise levels in the workplace is the first step towards ensuring your workforce is protected.

Complying with regulations, selecting appropriate protection, and monitoring noise exposure are all easier with 3M solutions.

## Do it smarter with 3M

3M has a comprehensive portfolio of detection instrumentation which ranges from simple noise indicators that identify when it's time to put on hearing protection, all the way through to personal dosimeters and integrating sound level meters. Some products even include an easy-to-use colour coding system that makes it easy for Health & Safety Managers to assess your noise hazard levels.



## Understand your results

The 3M team of Hearing Specialists are trained and experienced in assessing noise level surveys in order to help suggest appropriate solutions for you.

**Contact your local representative for further assistance.**



## 2 Protection

### What makes a hearing conservation programme effective?

An effective hearing conservation programme is more than just providing PPE with the highest protection level (attenuation). Key to selecting adequate hearing protection is the identification of a range of products that have an appropriate level of attenuation based on the findings from your noise measurement survey.

### What should health and safety managers consider?

Health and safety managers must also consider: comfort, ease-of-use, PPE compatibility, communication needs and other influencing factors.

With our wide range of earplug, ear defender and communication solutions, 3M is equipped to meet your hearing protection needs.



### Earplugs

3M offers a variety of earplugs including roll down, pod, pre-moulded and banded earplugs. They suit different ear types and noise levels.



### Passive ear defenders

A popular choice in hearing protection with their rigid cups and soft plastic cushions that seal around the ears to reduce noise.



### Communication solutions

Protects wearer from high noise environments, whilst allowing users to communicate.



## 3 Education

### Understanding is key

It is important to ensure that your workers understand both why they need to take care of their hearing and how they can do so. Employers need to provide suitable information, instruction and training which covers the noise hazards present, the control measures required and the correct use of them. This could include fitting technique, maintenance requirements and the correct storage of equipment.

### Document, analyse and improve

In addition to building a good safety culture and training programme around hearing conservation, it is vital that the employer documents these activities to ensure compliance, drive improvements and contribute to potential legal defence in the future.

## Training tools that we provide

At 3M we understand just how important education is to achieving an effective hearing conservation programme. Here are some examples of the training tools we can provide:

### Training aids



- ▶ Posters
- ▶ Videos
- ▶ SafeTea break
- ▶ eAcademy

### Safety network



- ▶ Blog
- ▶ Webinars
- ▶ Forum
- ▶ Safety Network Live

### 3M expertise



- ▶ Hearing specialists
- ▶ Technical experts
- ▶ PPE consultations
- ▶ Health & Safety helpline



## 4 Validation

Every user is different. So even after you've identified the right product for them, how do you make sure that they're adequately, individually protected?

### 3M™ E-A-Rfit™ Dual-Ear Validation System

The E-A-Rfit Dual-Ear Validation System measures the effectiveness of 3M hearing protection from inside an employee's ear, providing accurate, quantitative results. Test administrators can simultaneously check both ears, so they will have more time to educate employees on the importance of fit and compliance.

## What's in it for you?

### ▶ 1 Protect your employees by confirming hearing protection

E-A-Rfit testing results can be used to help employers confirm that each worker selects the best hearing protection in order to prevent noise-induced hearing loss.

### ▶ 2 Train your employees on using hearing protection

E-A-Rfit testing sessions give an opportunity for employers to teach/retrain workers how to wear hearing protection properly.

### ▶ 3 Record all aspects of the fit test session

E-A-Rfit results and other information should be saved as part of program management.



**The 3M™ E-A-Rfit™ Dual-Ear Validation System is available to purchase.**

See the back page for more information.

# It's easy to start protecting your workforce

Contact your local Greenham Service Centre  
for more information:



[www.greenham.com/storelist](http://www.greenham.com/storelist)



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