



uvex

hearing protection guide

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How to choose hearing protection.

The appropriate form of hearing protection varies according to the wearer's ear and the area of application.

This guide contains information regarding noise and hearing protection.



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What actually is noise?

Noise is not only loud sounds which damage hearing; sounds perceived as disruptive and burdensome are also noise.

For example, a clock ticking or a dripping tap may impair our concentration.



Effects of noise on hearing and the human body

Our hearing is on permanent standby. It can never take a break and cannot be “switched off”.

This means that our bodies are exposed to the full spectrum of noise every day. This might be noise at work, traffic noise or when attending a concert in our free time. Our hearing is under constant strain.

But it is not just our hearing that is affected. Noise also results in stress which affects the whole body.

Subconsciously, noise affects the entire human organism. This can lead to headaches and gastrointestinal illnesses, or even high blood pressure and noise-induced hearing loss.

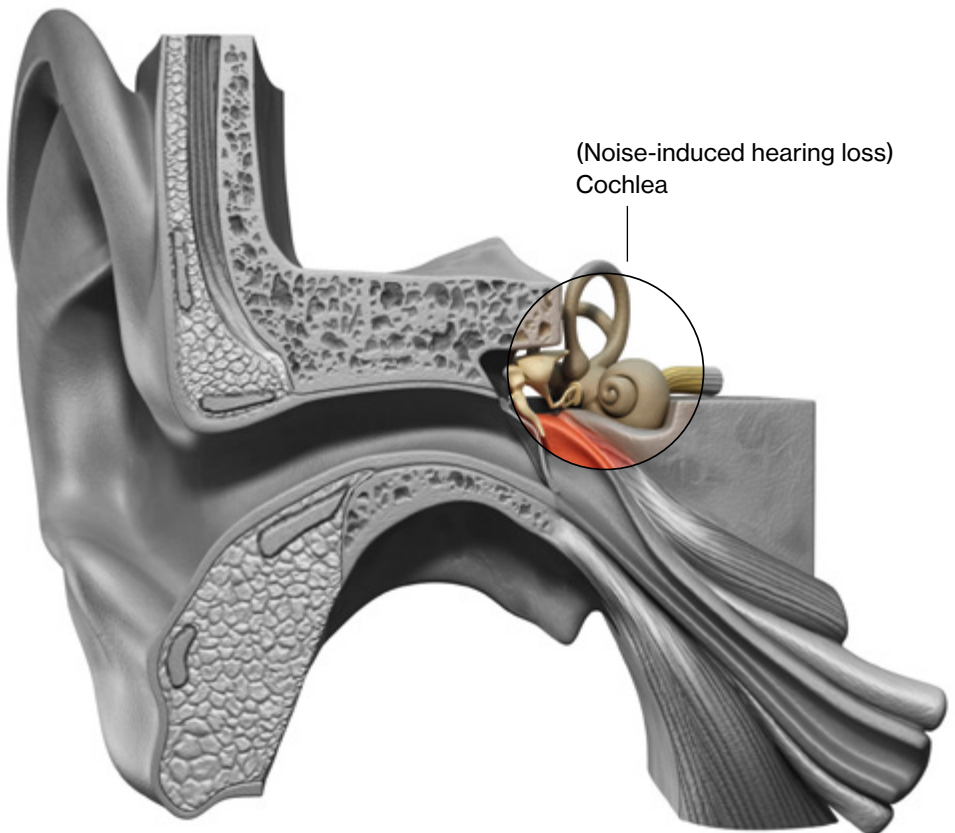


Noise-induced hearing loss

We are exposed to noise every day, which is damaging to our hearing.

Hearing loss develops gradually and painlessly. Sensory hair cells in the cochlea are irreparably damaged over time.

The first signs of hearing loss can often be noticed in noisy environments. Those with impaired hearing will find it difficult to properly follow conversations in such situations. They may need to ask for things to be repeated more often, they might constantly turn the radio up and they might find that telephone calls lead to misunderstandings. Social withdrawal is often an effect of hearing loss.



Adverse health effects of harmful noise

Listed below are the maximum periods of time a person should be exposed to harmful noise per day without wearing hearing protection.

85 dB	8 hours	103 dB	7.5 minutes
88 dB	4 hours	106 dB	4 minutes
91 dB	2 hours	109 dB	2 minutes
94 dB	1 hour	112 dB	1 minute
97 dB	30 minutes	115 dB	30 seconds
100 dB	15 minutes		

Download the free iOS uvex
Dezibel app to measure the
ambient noise level



Protect your hearing!

Use uvex hearing protection to protect your hearing from the impact of harmful noise in the workplace.

Earplugs for every situation

It is essential to have effective acoustic insulation to protect hearing in noisy environments. With the right insulation, harmful or irritating noise can be isolated, while important alarm signals are still audible and speech perception

It's all about the correct choice

- **Wearing period**
- **Noise situation**
- **Precision fit (people with beards or glasses)**
- **Efficacy (insulating earpiece pads)**
- **Ease of use**
- **Compatibility with other PPE**
- **Individually adaptable hearing protection**



60 dB

70 dB



80 dB

90 dB



What level of noise insulation is required?

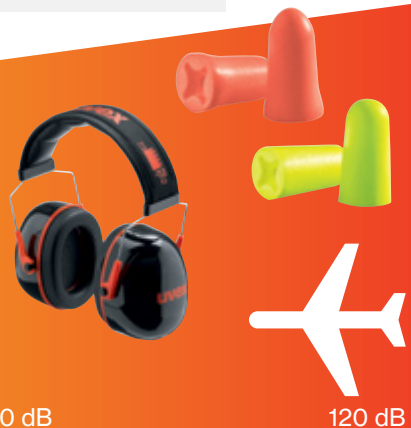
Under the Australian Standard AS/NZS 1270:2002, the class is an easy way to choose a hearing protector appropriate to a noise exposure. The standard rates hearing protection into five classes, with Class 1 being the lowest level of protection and Class 5 being the highest level.

The system is based on the SOUND LEVEL CONVERSION (SLC80) rating which is the difference between the sound level of the environment in which the hearing protection is worn and the sound level reaching the wearer's ears. This is converted to a Recommended Noise Range.

Once the extent of the noise hazard has been determined by a noise level survey, the user simply applies this to the table below for selecting an appropriate hearing protector. For example if a person is exposed to noise with a $LA_{eq,8h}$ of 97 dB(A) a Class 3 hearing protector is suitable.

Class of hearing protector required

$LA_{eq,8h}$ dB(A)	Class
Less than 90	1
90 to less than 95	2
95 to less than 100	3
100 to less than 105	4
105 to less than 110	5
Greater than 110 or equal to 110	Seek specialist advice







Every ear is different

Ear canals vary in size and shape. This means an earplug which fits properly is required.

For this reason, uvex offers a number of forms of hearing protection, appropriate for the many different shapes and sizes of ear canals. Or you can even choose individually adapted otoplastic hearing protection.



A unique design, even inside the earplugs

<p>uvex x-fit</p> 	<p>uvex com4-fit</p> 	<p>uvex hi-com</p> 	<p>uvex xact-fit</p> 
<ul style="list-style-type: none"> • intricate recess design for long-term wearer comfort • designed to minimise pressure in the ear canal • grip section for easy insertion and removal 	<ul style="list-style-type: none"> • intricate recess design for long-term wearer comfort • designed to minimise pressure in the ear canal • grip section for easy insertion and removal 	<p>Defined protection zone for controlled noise reduction, resulting in excellent speech and signal recognition and good communication.</p>	<p>Oval-shaped foam earplugs mimic the natural shape of the ear canal for low pressure fit and enhanced comfort.</p>



Long wearing periods – comfort is key!

Comfort is essential if you rely on hearing protection at work for most of the day.

When we develop our products, we place great importance on ergonomics and optimal fit in the ear canal.

Individually adaptable otoplastic hearing protection offers maximum comfort.

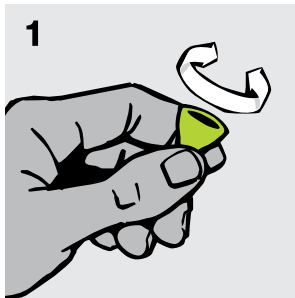




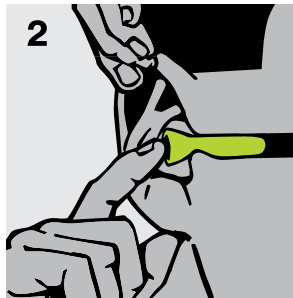
Fitting and correct usage of disposable earplugs

Hearing protection must be inserted correctly in order to ensure the protective function.

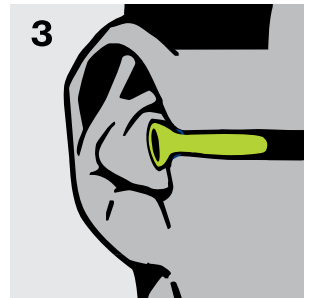
If protection is not used correctly, there will be minimal, if any, protective effect. Read the instructions for use carefully to make sure that the hearing protection is correctly fitted.



1
Briefly roll and compress the earplug











2
With one arm, reach over the head and pull the ear slightly upwards, so that the ear canal is straight. Place the earplug in the ear and hold it in place for a short time



3
Perfect fit



uvex disposable earplugs

<div> <div> uvex hi-com HC-UC </div> <div>  </div> <div> SLC80 </div> </div>	<div> <div> uvex xact-fit XA-CD </div> <div>  </div> </div>	<div> <div> uvex com4-fit CF-UC </div> <div>  </div> </div>	<div> <div> uvex x-fit XF-UC </div> <div>  </div> </div>
<div> 16 dB, Class 2 </div> <div>  </div>	<div> 22 dB, Class 4 </div> <div>  </div>	<div> 22 dB, Class 4 </div> <div>  </div>	<div> 37 dB, Class 5 </div> <div>  </div>

Other products

fawn colour	banded ear protectors	with cord	with cord detectable
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uvex reusable earplugs

**uvex
whisper+**
WP-CD



**xact-fit
reusable S**



**xact-fit
reusable M/L**



27 dB, Class 4



detectable

uvex earmuffs

uvex K10

2630010



uvex K20

2630020



uvex K30

2630030



SLC80: 27dB, class 5

length
adjustment

padded headband

foldable headband

memory
foam

SLC80: 30dB, class 5

length
adjustment

padded headband

foldable headband

memory
foam

SLC80: 32 dB, class 5

length
adjustment

padded headband

foldable headband

memory
foam

uvex earmuffs

uvex KX10

2630011



SLC80: 27dB, class 5

length
adjustment

padded headband

foldable headband

rubberised outer casing

memory
foam

uvex K20 hi-viz

2630021



SLC80: 30dB, class 5

length
adjustment

padded headband

foldable headband

Earmuffs in high-visibility
design

memory
foam

uvex K30H

2630230



SLC80: 23dB, class 5

dielectric
helmet earmuffs

continuous
length adjustment

operating/standby and
resting positions

memory foam

uvex earmuffs

uvex K200

2600.200



uvex K1

2600.001



uvex K2

2600.002



SLC80: 28 dB, Class 5

length
adjustment

optimum fit
360° rotation

dielectric

Option:
compatible
with bump cap

SLC80: 28db, Class 5

length
adjustment

padded
headband

SLC80: 31 dB, Class 5

length
adjustment

padded
headband

memory
foam

uvex earmuffs

uvex K3

2600.003



SLC80: 33 dB, Class 5

length
adjustment

padded
headband

memory
foam

uvex K4

2600.004



SLC80: 35 dB, Class 5

suitable for
loud noise
levels

hi-viz design
for visual
recognizability

length
adjustment

padded
headband

memory
foam





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