

Protect your hearing

All seafarers exposed to high levels of noise should wear suitable ear protection in the form of either earplugs or ear defenders.



Ear plugs are the simplest form of ear protection. Reusable earplugs can be difficult to keep clean so disposable ones are recommended.

Always read the manufacturers instructions.

How to fit disposable earplugs

- Make sure your hands are clean before fitting any earplugs.
- Hold the earplug between your thumb and index finger and roll to compress the whole earplug.
- Use your other hand to reach over your head and pull up and back on your outer ear. This straightens the ear canal, allowing for a tight and snug fit.
- Insert an earplug in each ear canal and hold for 20-30 seconds to enable the earplug to expand.

Test the fit of your earplugs

- In a noisy place, with your earplugs in, cup your hands over your ears and release them. You should not notice a big difference in the noise level. If you do, remove and refit your earplugs.
- If the noise level is quieter when your hands are cupped over your ears, your earplugs are probably not correctly fitted. Remove and refit your earplugs.
- Always remove your earplugs slowly. Twist them to break the seal. Removing your earplugs too quickly could damage your eardrum.

Do not share your ear protectors or re-use disposable ear plugs.

Protect your hearing or lose it.

