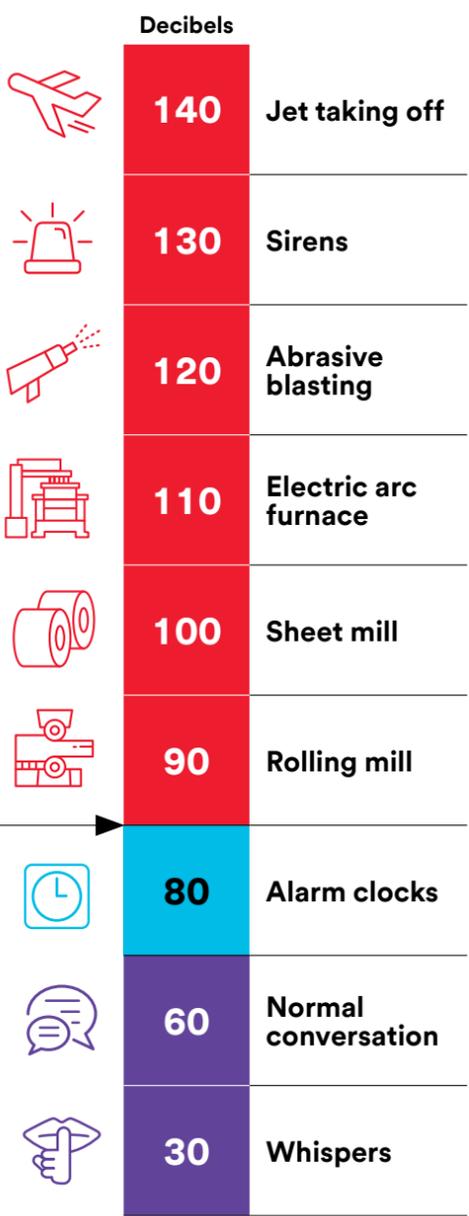


Help protect your hearing for your future.

Exposure today could mean hearing loss tomorrow.

And it's not just about the metalworking task at hand. Your surrounding workplace may generate hazardous noise too.

High risk noise exposure can start at 85 dBA... but your work is just getting started.^{1, 2}



Exposure to noise levels over 85 dBA for extended periods can cause permanent hearing loss. NIOSH⁶ recommends wearing hearing protection whenever noise levels exceed 85 dBA — regardless of how long the sound lasts.

14%

of U.S. manufacturing workers exposed to noise have hearing impairment in both ears³

>50%

of noise-exposed workers do not always wear hearing protection when exposed to hazardous noise⁴

15 min

Just 15 minutes of exposure while working near a rolling mill at 100 dBA puts your hearing at risk.²

3 ft

If you have to raise your voice to speak to someone just **3 feet away**, noise levels are likely hazardous.⁵

Hearing loss can affect every aspect of your life. What could you be missing?

At home:

- Conversations with passengers in your car
- Watching TV with family members
- The voices of young children
- Your oven timer chime

At work:

- Instructions or warnings from team members during operations
- Critical radio communications
- Situational awareness in hazardous environments

Help protect your hearing – without compromising your work.

Passive hearing protection:



Earmuffs



Disposable & reusable earplugs

Active hearing protection:



Electronic earmuffs



Electronic earplugs



In-ear headsets

100%

PPE is most effective when worn 100% of the time exposed.

Why is wear time so important?

Effective protection drops when hearing protectors are not worn. See the impact of just 1 hour without hearing protection over an 8 hour shift.



Worn 8 hours



1 hour not worn



4 hours not worn

Example based on 95 dBA TWA exposure and using NIOSH Recommended Exposure Limit of 85 dBA and 3 dB exchange rate.

How does other PPE fit in?

Workers don't just encounter hazards one at a time. But communicating clearly while wearing hearing and respiratory protection can be challenging.

If workers remove their PPE to communicate, they may not receive the intended protection. Likewise, if PPE isn't properly sized or adjusted, it may not perform as intended.

Noise induced hearing loss is prevalent. It's also preventable.

Learn how to help protect yourself so you don't miss a single moment.

It's time to change the way we look at PPE: from many distinct categories to one comprehensive program. Work with 3M to help reduce the challenges of wearing multiple types of PPE together.

[3M.com/WorkingTogether](https://www.3m.com/WorkingTogether)



Get tools and resources to support your hearing conservation program

[3M.com/Hearing](https://www.3m.com/Hearing)

Find comprehensive PPE solutions for metalworking industries

[Request a demo](#)

Learn more about the importance of PPE compatibility

[Download our infographic](#)

*3M Integrated Protection Program refers to 3M's portfolio of personal protective equipment (PPE) options and services, which may work together to help address one or more of the following worker needs, such as: comfort, fit, compatibility, communication, or performance. The depicted combinations are representative examples of which technologies may work together and is not comprehensive. Some environments or situations might require different or additional PPE. Selecting PPE is the responsibility of the employer and must be based on the work environment, specific hazards, and tasks involved. Fit testing is required to ensure that PPE combinations fit the individual wearer.

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