

ENHANCED LISTENING

10 Things Worth Knowing About Earplugs

1. Earplugs will not block out ALL sound, look for attenuating or full blocking earplugs depending on your environment.
2. It is physically **impossible** to achieve “absolute silence”; sound is also transmitted to the eardrum by bone-conduction
3. Custom fit are not necessarily the best; but certainly the most comfortable durable and discrete.
4. We can supply earplugs for almost all applications including swimming, shooting, industrial, aviation, sleeping, music lovers and more.
5. We list over 50 different types of earplugs mostly for sound, but others include, pressure balancing earplugs: which stop pain during aircraft cabin-pressure variations and other specialised earplugs not found anywhere else.
6. Never share earplugs: it can promote ear infection.
7. Earplugs are advised if your workplace exceeds 80dB and mandatory if the sound exceeds 85dB or above. Visit the government website www.hse.gov.uk/noise for further info and current legislation
8. The process of ear impressions for custom fit earplugs does not hurt (please read our audiology section where it is fully explained). If you need impressions made, we have access to a network of Audiologists across the UK and we can arrange appointments for you.
9. Tinnitus is not curable through conventional medical practice. There are therapies and management regimes that will help.
10. If the sound reaches 120 dB you can still suffer hearing damage even with the best earplugs in the world. So beware.

Please Note: One person in in seven in the UK have a hearing problem with increasing numbers of young people presenting with problems. A statement from Deafness Research UK: *The deterioration of the ear which accompanies ageing still leaves more than half of all people over the age of 60 with a hearing impairment, and an increasing number of young people have their hearing permanently damaged through exposure to loud noise: usually music.*