

Safety, Hearing Protection



1. Scope

This standard covers the requirements for hearing protection, specifically earplugs and earmuffs.

This standard applies to the Seattle City Light (SCL) stock numbers listed in Section 7.

2. Application

Earplugs and earmuffs are used to reduce noise and conserve hearing.

Earplugs are small inserts that fit into the outer ear canal. To be effective, they must totally block the ear canal with a tight seal.

Some foam earplugs may need to be rolled before inserting them into the ear.

Push-to-fit earplugs have a flexible stem that eliminates the need to roll the earplugs before inserting them. Please see a Safety and Health Specialist for assistance.

Push-to-fit earplugs are designed to fit most ears; however, other styles are available that may provide a better fit. Please see a Safety and Health Specialist for assistance.

Earmuffs fit over the entire ear to form an air seal, so the entire circumference of the ear canal is blocked. They are typically held in place by an adjustable band. The adjustable headband tension must be sufficient to hold earmuffs firmly around the ear for proper fit.

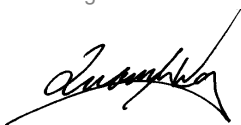
Earmuffs will not seal around eyeglasses, safety glasses, or long hair.

Simultaneous use of properly fitted earplugs and earmuffs may add 5 dB more protection than using either the earplug or the earmuff alone. Double hearing protection (earplugs and earmuffs) should be used when the noise level exceeds 105 dB.

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3. Industry Standards

Hearing protection such as earplugs and earmuffs shall meet the requirements of the following industry standard:

ANSI S3.19-1974 - American National Standard Method for Measurement of Real-Ear Protection of Hearing Protectors and Physical Attenuation of Earmuffs

4. Requirements

Product requirements shall be as defined in Section 7.

5. Packaging

Earplugs and earmuffs shall be individually packaged and legibly marked with:

- Manufacturer identification
- Product description

Individual packages shall be boxed in the following quantities:

Stock No.	Stock Unit
110155	200 per box
110156	200 per box
110157	200 per box
110159	100 per box
013389	10 per box
013941	100 per box
110076	1 per box
013430	1 per box

Each box shall be legibly marked with:

- Manufacturer identification
- Product description
- Seattle City Light stock number

Each shipping container shall be legibly marked with:

- Manufacturer identification
 - Product description
 - Seattle City Light purchase order number
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6. Issuance

- PR: all except 013941, 013430
- EA: 013941, 013430

7. Approved Manufacturers

Stock No.	110155
Hearing Protection Product Type	Earplugs – Roll Down
Noise Reduction Rating (dB)	29
Material	PVC foam, yellow
Disposable	Yes
Shape	Cylinder
Neck Cord	None
Manufacturer	3M
Model	E-A-R Classic
Catalog Number	310-1001



Stock No.	110156
Hearing Protection Product Type	Earplugs – Roll Down
Noise Reduction Rating, (dB)	28
Material	Polyurethane foam, yellow
Disposable	Yes
Shape	Bell
Neck Cord	Blue vinyl cord
Manufacturer	3M
Model	E-A-R E-Z Fit
Catalog Number	312-1222



Stock No.	110157
Hearing Protection Product Type	Earplugs
Noise Reduction Rating, (dB)	30
Material	Polyurethane foam, green
Disposable	Yes
Shape	Tapered (T)
Neck Cord	None
Manufacturer	Honeywell – Howard Leight
Model	“Max Lite”
Catalog Number	LPF-1



Stock No.	110159
Hearing Protection Product Type	Earplugs – Push to Fit Pod
Noise Reduction Rating, (dB)	25
Material	Polyurethane foam, yellow
Disposable	Yes
Shape	Push to Fit
Neck Cord	None
Manufacturer	3M
Model	E-A-R Express Pod Plugs
Catalog Number	321-2200



Stock No.	013389
Hearing Protection Product Type	Earplugs - Band
Noise Reduction Rating, (dB)	25
Material	Foam, green
Disposable	Yes
Shape	Tapered
Neck Cord	Blue low-pressure band with optional breakaway cord
Manufacturer	Moldex
Model	Jazz Band Hearing Protector
Catalog No.	6506



Stock No.	013941
Hearing Protection Product Type	Earplugs – Push to Fit
Noise Reduction Rating, (dB)	29
Material	Polyurethane foam, purple
Disposable	Yes
Shape	Tapered, push-to fit
Neck Cord	Yellow vinyl cord
Manufacturer	3M
Model	No-Touch
Catalog No.	P2001



Stock No.	110076
Hearing Protection Product Type	Earmuffs - Helmet
Noise Reduction Rating, (dB)	23
Material	Dielectric foam cushion
Disposable	No
Style	Attachable to safety cap (Stk. No. 110020 or 110021)
Hard Hat Adapter	Yes
Manufacturer	Honeywell – Howard Leight
Model	VeriShield VS110DH
Catalog Number	1035200-VS



Stock No.	013430
Hearing Protection Product Type	Earmuffs - Behind the Head
Noise Reduction Rating, (dB)	29
Material	ABS, foam cushion
Disposable	No
Style	Behind the head
Manufacturer	3M
Model	Peltor Optime 105
Catalog Number	H10B



8. Sources

Brown, Kathryn; SCL Safety and Health Specialist and subject matter expert for 4007.10

Tilley, Kathy; SCL Electrical Engineering support specialist and originator of 4007.10

Wang, Quan; SCL Standards Engineer and subject matter expert for 4007.10

www.3m.com/

www.honeywell.com/en-us/industries/safety