



CS Health

Ways to protect your hearing...

- ✓ Always wear hearing protection in noisy environments:
 - At work
 - Using a lawn mower or whipper snipper
 - Using power tools
 - At loud sporting or music events
- ✓ Limit exposure to loud music or television
- ✓ Be careful when listening to music through headphones or ear buds

CS Health recommends Hearing Protection Fit Testing to ensure your hearing PPE is correctly fitted and offers you maximum protection.

