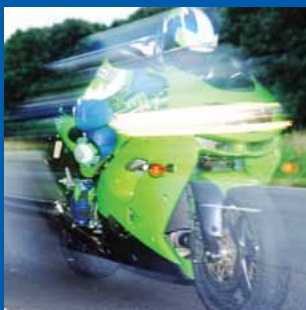


# Hearing Protection



**Specsavers**<sup>®</sup>  
Hearing Centres

## Specsavers Hearing Centres

We have built a reputation for providing professional care, expert service and top quality products at value-for-money prices. We supply a range of digital hearing aids as well as hearing protection for everyday wear and specialized products designed for use in specific environments.

This brochure shows a range of solutions which will protect your hearing from excessive noise. If you want more information about these products or our range of digital hearing aids, or you need a free hearing test, just contact the Specsavers Hearing Centre shown on the back of this brochure.

## Hearing damage



Our ears are complex and highly sensitive. Exposure to loud sounds can cause hearing damage gradually over a period of time. In fact, if you work or regularly spend time in environments where loud noise is common, you could be losing your hearing without even realising it. And once you lose your hearing, that's it, most noise related hearing loss is irreversible. Specsavers Hearing Centres provide a range of value-for-money solutions for occasional and regular use, from instant fit devices to custom made products.



## Health & Safety at work: exposure to noise



EC regulations require employers to provide suitable hearing protection for their employees where noise levels exceed 80 decibels (dBA). That means if you work in light industry, commercial transport, if you are a musician or work in a music venue (even a pub which plays loud music), or even if you work outside in a busy street, you could be exposed to noise levels that require you to wear hearing protection.

Below are some typical decibel (*dBA*) levels of everyday situations:

normal speech - 60-65 *dBA*

a busy street - 78-85 *dBA*

lawn mower - 85 *dBA*

forklift truck - 90 *dBA*

hand drill/angle grinder - 98 *dBA*

music venue/nightclub - 110 *dBA*

heavy lorry about 7 metres away - 95-100 *dBA*

chainsaw - 115-120 *dBA*



## Hearing protection products



At Specsavers Hearing Centres, we have a range of solutions that will protect your ears and still help you to hear important sounds, like voices, clearly. They range from **Instant Fit** products for occasional leisure and DIY use to **Custom Fit** devices aimed at providing protection at work or in more specialised environments.

## Instant Fit Hearing Protection



Advances in technology mean the new generation of instant fit devices are now more effective and comfortable than ever. Using a newly developed attenuation filter, they effectively cut out unpleasant background noise without blocking out the sounds you want to hear, such as speech and music. They are available in five new variants designed for use in specific environments and cost just €20 from Specsavers Hearing Centres:



**FlyFit** - protect during long flights, and eases pressure on the ear during take-off and landing. Also for use on trains and in cars.



**SwimSafe** - prevent water entering your ears while allowing you to hear ambient sounds.



**PartyPlug** - ideal for rock concerts and nightclubs, they block excessive noise while allowing you to hear the music clearly.



**SleepSoft** - block noise from traffic, noisy neighbours and snoring while allowing you to hear high frequency sounds like alarm clocks, doorbells and babies crying.



**WorkSafe** - eliminate dangerous noises from DIY equipment while speech, radio and the environment remain clearly audible.

## Custom Fit Hearing Protection



Produced from impressions taken of the user's ears, custom hearing devices provide an individual and unique fit with guaranteed levels of protection. Coated in Soft Komfort, a specialised anti-allergic layer, custom hearing protection provides maximum comfort and performance and is available at €180 a pair.

The custom mould can be fitted with a choice of noise-reducing filters depending on your particular requirements. There are five colour-coded filters available in this custom range offering varying levels of noise reduction. All five types use an open filter, which ensures that you can continue to identify the direction that sound is coming from.

*Please note: The guide at the back of this brochure will help you to choose the filter best suited to your needs. Our staff will be happy to assist if you require further advice.*

## Custom Hearing Protection for Musicians and Nightclubs



Whether you play in a band, DJ or work in a club, prolonged exposure to loud music can damage your hearing. Custom-made hearing protection helps comfortably protect your ears without spoiling your enjoyment of the music. And, if you're working with customers, you will even be able to hear what they're saying over the noise. There are two solutions available at Specsavers Hearing Centres.

**Blue F6**, which also provides efficient protection for noise associated with transport and light industrial work, cost €180 a pair.

**ER** musicians' earplugs utilise a flat attenuating filter which reduces ambient noise evenly, so the fidelity of the original music is preserved with no loss of clarity. ER musicians' custom-made earplugs are available at 9dB, 15dB and 25dB and are priced at €250 a pair.



## Custom Hearing Protection for Motorcyclists



Wind and engine noise are a constant problem for motorcyclists, and can seriously damage your hearing. The **Green F7** is specifically developed to combat the sound levels experienced while riding a motorbike for prolonged periods or at speed. This product is also appropriate for use in DIY and for sleeping soundly. Available for €180 a pair.



## Custom Hearing Protection for Industrial or Commercial Environments



If the problem is the constant levels of noise associated with heavy industry or metal processing, the **Red F8** offers high levels of protection. The **White F10** is particularly suitable for pile-driving and shooting environments, where the user may experience sudden excessively loud noises. The attenuation filter of the earplug protects effectively against the risks of these activities and yet, incredibly, allows softer sounds to be heard. Also available is the **Yellow F4**, developed especially for use in printing works. All of these products are €180 a pair at Specsavers Hearing Centres.



This table will help you to choose the Custom Hearing Protection device that is right for you. Please ask our staff if you require help or advice.

	White F10	Red F8	Green F7	Blue F6	Yellow F4
Heavy industry		✓			
Light industry				✓	
Metal processing		✓	✓		
Timber industry			✓	✓	
Printing works					✓
Pile driving	✓				
Construction work			✓	✓	
Transport industry				✓	
Sleeping			✓		
Snoring (partners)	✓				
Shooting	✓				
Music (clubbing, concerts)				✓	
DIYers			✓	✓	
High pressure cleaners	✓	✓			
Motor cyclist (wind noise)		✓	✓		
Concentrated study	✓	✓			
Lawn mowing				✓	



**Your Specsavers Hearing Centre**

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For details of your nearest Hearing Centre call us on  
1890 882 361 or visit us online at  
[www.specsavers.ie/hearing](http://www.specsavers.ie/hearing)