HEARING PROTECTION 101

<table>
<thead>
<tr>
<th>Equipment</th>
<th>Noise Level</th>
<th>Required Reduction to Reach 85 dBA</th>
<th>Suggested Ear-Pro</th>
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</thead>
<tbody>
<tr>
<td>M119 105 MM Towed Howitzer</td>
<td>183 dB</td>
<td>43 dB</td>
<td>Dual ear-pro: Foam ear plugs with over-ear muffs</td>
</tr>
<tr>
<td>M2 .50 CAL Machine Gun</td>
<td>155 dB</td>
<td>15 dB</td>
<td>Push-to-fit or foam ear plugs</td>
</tr>
<tr>
<td>M16 Rifle</td>
<td>155 dB</td>
<td>15 dB</td>
<td>Push-to-fit or foam ear plugs</td>
</tr>
<tr>
<td>M1 Abrams Tank from Inside</td>
<td>93-117 dB</td>
<td>8-32 dB</td>
<td>Over-ear muffs</td>
</tr>
<tr>
<td>Ship Engine Room Underway</td>
<td>86-105 dB</td>
<td>1-20 dB</td>
<td>Over-ear muffs</td>
</tr>
<tr>
<td>Ship Engine Room at Idle</td>
<td>85 dB</td>
<td></td>
<td>Ear-pro recommended since noise levels can vary based on your environment</td>
</tr>
</tbody>
</table>

Disposal Foam Ear Plugs 25-35 dB

Push-to-Fit Ear Plugs 12-35 dB

Reusuable Ear Plugs 12-35 dB

Over-Ear Muffs 15-35 dB

Dual Ear-Pro: Ear Plugs with Over-Ear Muffs

Disposal Foam Ear Plugs 25-35 dB

Push-to-Fit Ear Plugs 12-35 dB

Reusuable Ear Plugs 12-35 dB

Over-Ear Muffs 15-35 dB

Noise Reduction can vary based on SBM. Always Ensure your Head

Some models can plug into your comms too. So you can listen without having to remove your ear-pro.

Note: Noise ratings for military equipment are approximate and will vary based on weapon or vehicle type, ship class, time spent on firing range, etc.

Decibel Reduction Ratings are approximate and can vary based on specific type and manufacturer.

TIME-WEIGHTED AVERAGE OF 105 DECIBELS A-WEIGHTED (dBA)

Dual hearing protection is recommended when you’re exposed to continuous noise—such as engine-room noise—at or above 105 dBA.

TIME-WEIGHTED AVERAGE OF 85 DECIBELS A-WEIGHTED (dBA)

Hearing protection is optional when you’re exposed to continuous noise—such as engine-room noise—at or above 85 dBA.

NOTE: Decibel reduction ratings are approximate and can vary based on specific type and manufacturer.

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