



**NHS**

**Royal Berkshire**  
NHS Foundation Trust

# Protect your ears!

Customised ear protection is now available to purchase from the Royal Berkshire Hospital Audiology Department

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**Ear protection can be very useful if you are exposed to excessive noise or are bothered by sounds as you are trying to sleep. Noise induced damage is one of the leading causes of permanent hearing loss and tinnitus due to accumulative effects. This leaflet will outline the ear protection available from our Audiology Department.**

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### **Sleep Plug**

Reduces the outside sounds to help you get some peaceful sleep. Custom made in a soft silicone to aid comfort. Available in a wide selection of colours.

**£50 per pair**

### **Swim Plug**

They prevent water from entering your ear. They float and are made out of a soft silicone to aid comfort. They are available in a wide selection of colours.

**£25 each**  
**£50 per pair**





## Noise Protection

Available in a solid plug or in a filtered ear piece to reduce outside sounds.

The filter allows the wearer to hear normal conversational level but reduces the effect of louder sounds. Available in a wide selection of colours.

**Solid £60 per pair**

**Filtered £80 per pair**

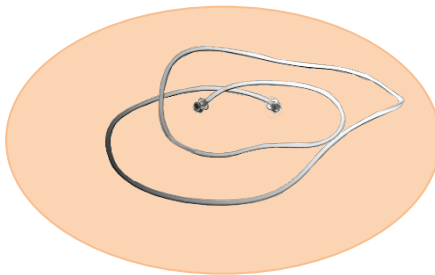
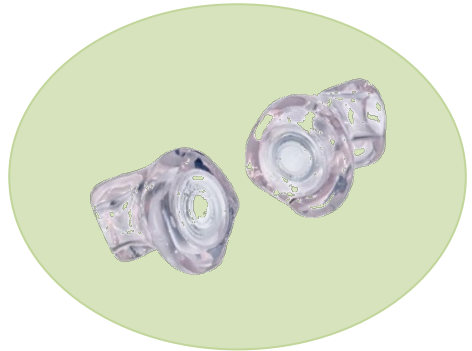
**Additional filters £30 per pair**

## Musicians Ear Pieces

Reduces the outside sounds so that the wearer can listen to their music at a lower level. Available in 9, 15 or 25 dB interchangeable filters

**£190 per pair**

**Additional filters £100 per pair**



## Cords

The ear plugs can be connected by a 17 inch cord.

For musicians' plugs, the cord can be fixed or detachable.

**£6.50 each**

\*All filters are CE certified. Filtered Hearing Protection is certified in accordance with the PPE Regulation (EU) 2016:425 to EN352:2

## Why should I be wearing ear protection?

Exposure to excessive noise levels can lead to long-term hearing loss and/or tinnitus. By wearing ear protection, you can still work or enjoy your activities without putting your ears at risk.

## How noisy is too noisy?

If you are exposed to 85 decibels or above at work, your employer should provide you with ear protection. You may wish to consider ear protection if you attend music events or have hobbies involving noisy machinery.

## What to expect from wearing customised ear protection?

At first, it may feel strange to be wearing ear protection, especially if you are not used to having anything in your ears! It can therefore feel as if your ears are 'blocked'. With consistent use, people often become less aware of this 'blocked' sensation. If there are any problems with the ear protection, please let us know as soon as possible.

## Contact details

For more information, please contact the Audiology Department:

- Telephone: 0118 322 7238
- Email: [Audiology@royalberkshire.nhs.uk](mailto:Audiology@royalberkshire.nhs.uk)
- Web: [www.royalberkshire.nhs.uk/audiology](http://www.royalberkshire.nhs.uk/audiology)
- [https://www.royalberkshire.nhs.uk/media/u02lt2db/your-hearing-and-noise-exposure\\_apr22.pdf](https://www.royalberkshire.nhs.uk/media/u02lt2db/your-hearing-and-noise-exposure_apr22.pdf) (for more information)

To find out more about our Trust visit [www.royalberkshire.nhs.uk](http://www.royalberkshire.nhs.uk)

**If you would like this leaflet in other languages or formats (e.g. large print, Braille or audio), please contact the Audiology Department.**