

## Hearing Protection Test Report

### Prepared for

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Based upon a test conducted on 03/03/2022.

London – 2021

### Hearing Protection test results:

SNR	27
PAR - Left	9
PAR - Right	34

The chart above describes the real-world protection level for each of your earplugs (PAR) and compares it to manufacturer specification (SNR). Allowing for a standard 3dB de-rating of specification your results are:

Left ear: **Fail**

Right ear: **Pass**

If you suspect that you may not have inserted your left ear protection correctly you are welcome to take the test one more time at no charge to see if you can improve the result. Email us at [enquiries@earplugtest.co.uk](mailto:enquiries@earplugtest.co.uk) quoting your surname and test date and we will email a coupon code within 24 hours.

### Recommendations

1. You told us your employer pays for your hearing protection. We recommend you show them this report.
2. If the test confirms your hearing protection is not protecting you adequately you

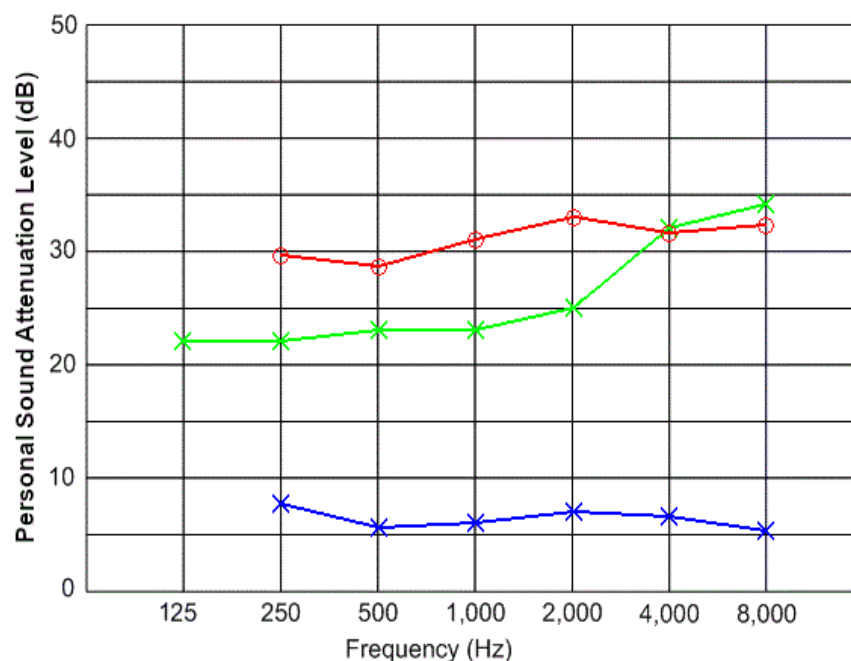
should bring this to the attention of the manufacturer by showing them this report.

## Responses.

Question	Answer
Do you use your hearing protection for work?	High speed drills

## Further detail

The graph below shows the level of protection you are getting at each frequency plotted against specification. This is the data we used to work out how effective your earplugs really are. The green line represents specified performance, the blue line your left ear actual performance and the red line your right ear actual performance.



## Hearing is vital to well-being:

Hearing loss has long been recognised to cause sufferers to feel isolated, depressed and anxious. In the case of Noise Induced Hearing Loss it is also irreversible with hearing aids being the only viable help available which are not on most people's wish list for their later years. Tinnitus (noises in the head) often accompanies hearing loss and is something else to be avoided if possible.

## Hearing is also vital to general health:

Recent studies have demonstrated a clear link between the onset of dementia and untreated hearing loss. The website contains a link to an article published in The Lancet on this subject. The following quote is from another study carried out by John Hopkins University:

In a study that tracked 639 adults for nearly 12 years, Johns Hopkins expert [Frank Lin, M.D., Ph.D.](#) and his colleagues found that mild hearing loss doubled dementia risk. Moderate loss tripled risk, and people with a severe hearing impairment were five times more likely to develop dementia.

Source: <https://www.hopkinsmedicine.org/health/wellness-and-prevention/the-hidden-risks-of-hearing-loss>