



Weekly Safety Tip

Expert Tips for Using Earplugs the Right Way



Correctly using Earplugs



Expert Tips for Using Earplugs the Right Way

Consumer Reports spoke with audiologists from the Cleveland Clinic and confirmed that – **YES, it's safe to sleep with earplugs.**



By Michael Frank for Consumer Reports, August 4, 2023

Consumer Reports evaluated [seven earplug models](#) to determine which ones helped wearers [get better sleep](#), and found there's more to inserting and wearing them—**you have to find the right material and size that works for you**, and you have to take steps to take good care of your ears.

From auditory experts at the Cleveland Clinic and examining the National Institutes of Health (NIH) and its Institute on Deafness, here are some tips for making sure you use earplugs in the right way.

Take breaks from using earplugs for sleep.

Sarah Sydlowski, AuD, PhD, and audiology director of the Cleveland Clinic's Hearing Implant Program, explains that it's natural for our ears to produce wax, but it's also natural for that wax to leak out of our ears when we sleep.

Sydlowski's colleague, audiologist Valerie Pavlovich Ruff, AuD, adds that using earplugs at night could cause that wax to build up and become impacted, and that "can be very painful and require treatment by your physician."

She also cautions that constant use of earplugs for sleep could promote the growth of bacteria in your ear canal, leading to infection. And Sydlowski notes that hearing aid wearers are more vulnerable, because they're obstructing the ability of the canal to shed wax during the day. Ideally you'd use earplugs sometimes, but give your ears a break every few nights.

You may need other means of being alerted in case of emergency.

Sydlowski, who treats patients with acute hearing loss, adds that using earplugs for sleep could endanger you in a different way, too. "Depending on how much hearing you have to start with, wearing earplugs could reduce sounds enough that you also wouldn't hear a smoke alarm, and for safety reasons, especially if you already have hearing loss, you might need to use a different style of alerting device," such as a smoke and carbon monoxide detector that will flash a bright light in addition to sounding an audible alarm.

Weekly Safety Share



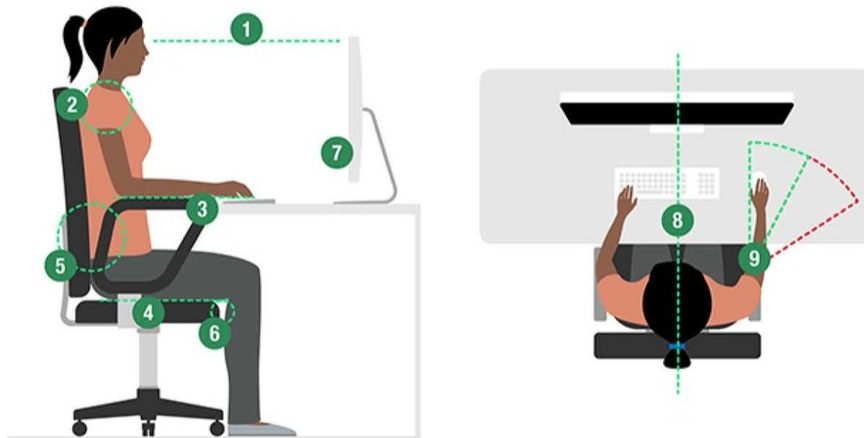
*How to Maintain Good Posture When
Using Display Screen Equipment - DSEs*

How to maintain *good posture* when using Display Screen Equipment - DSEs

Training and information for **display screen equipment (DSE)** users should include guidance on good posture when working with DSEs.

These two pages displays key points to help you understand what good posture looks like when using display screen equipment at home or in the workplace.

Standard Workstation Setup



Work in this way to maintain good posture

1. Top of screen level with eyes, about an arm's length away
2. Relax your shoulders - position yourself high enough so you don't need to shrug your shoulders
3. Keyboard just below elbow height
4. Seat height equally supports front and back of thighs (or use cushion to raise seated position)
5. Back of the seat provides good lower back support (or use a cushion for additional back support)
6. Gap of 2-3 cm between front of seat bottom and back of knee
7. Computer and screen directly in front of you on desk or other surface
8. Screen and keyboard central - don't twist your back
9. Mouse in line with elbow



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