

Hearing Safety Requirements

Concept: To mitigate the weapon noise and prevent 95% of the hearing injuries, the Unit must ensure all personnel firing this weapon system wear properly sized and fitted **DOUBLE** earpro/hearing protection (**earplugs AND earmuffs**). This is the **loudest shoulder-fired weapon system**, with average noise levels approaching 188 decibels (dB). This noise level is a full 28 decibels (dB) above noise exposure levels known to cause ear pain and tissue damage (i.e., blown eardrums, sheared nerve endings, etc.). The only way to objectively measure the amount of hearing protection provided by the 1st layer of earpro (**deep-fit foam earplugs**) is to undergo a new specialized computer assessment (FitCheck testing). Soldiers must self-fit and achieve noise reduction of **29 decibels (dB) or greater** wearing foam earplugs **alone** to receive a **GO**. Soldiers wear Peltor noise muffs (included w/weapon) **over** the foam earplugs providing double protection of 34 dB with situational awareness.

Execution: Required unit level tasks **PRIOR** to training event include:

- ❑ **Contact the local Army Hearing Program Manager, local Audiologist, or the Army Hearing Program (Army Public Health Center) at 410-436-3797 and coordinate:**
 - ❑ Request FitCheck System equipment (from local SME or APHC)
 - ❑ Unit medic training for both the FitCheck system and earpro fitting (by local SME)
 - ❑ Hearing Safety & Education brief (by local SME to ALL fire teams)
 - ❑ Placing Fire Teams in a more frequent hearing testing surveillance schedule
(6 months after training event or ASAP if Soldier reports a change in hearing after firing)
- ❑ **Order all 3 foam earpro sizes**
 - ❑ **Small NSN - H3101101 Medium NSN - 6515-00-137-6345 Large NSN - H3101103**
- ❑ **Secure location for both the FitCheck medic training and Soldier FitCheck testing**
- ❑ **Include in the NET schedule:**
 - ❑ Medic training for FitCheck system and earpro fitting (approx 2 hrs by local SME)
 - ❑ Initial Soldier FitCheck testing (approx. 15-30 min per Soldier by unit medics)
 - ❑ Hearing Safety & Education Briefing during classroom NET (approx. 30 min by local SME)
 - ❑ COA for any Soldier reporting hearing loss after firing (local MTF)

