



## Preventing Worker Hearing Loss

Hearing loss is among the most common work-related illnesses. One way the CDC recommends to prevent work-related hearing loss is to always wear hearing protection in noisy areas, and if using foam plugs to insert them correctly. To get the best protection from your soft foam earplugs, remember to roll, pull, and hold when putting them in. Always use clean hands to keep from getting dirt and germs into your ears.

1. **Roll** – Roll the earplug up into a small, thin “snake” with your fingers using one or both hands.
2. **Pull** – Pull the top of your ear up and back with your opposite hand to straighten out your ear canal. The rolled-up earplug should slide right in.
3. **Hold** – Hold the earplug in with your finger until it expands to fill the ear canal. Your voice will sound muffled when the plug has made a good seal.

Check the fit when you're all done. Most of the foam body of the earplug should be within the ear canal. Try cupping your hands tightly over your ears. If sounds are much more muffled with your hands in place, the earplug may not be sealing properly. Take the earplug out and try again.

Learn more about hearing loss prevention at [www.cdc.gov/niosh/topics/noise/default.html](http://www.cdc.gov/niosh/topics/noise/default.html).



## Concrete Removal Solutions

ChemStation offers a full line of products to service the concrete industry from concrete removal on truck barrels and truck bodies to rust inhibition. Our products are designed to remove concrete, road film, rust, and oxidized deposits.

ChemStation products include:

- Scientifically formulated cleaners for presoak and pressure washing applications
- Safe alternatives to hydrofluoric acid
- Products safe for use on painted surfaces, glass, aluminum, and chrome-plated steel
- Efficient two-step cleaning method
- Effective rust inhibition to aid against acid attack on metal surfaces
- Undercarriage protection against concrete overspray

To learn more about this and other ChemStation solutions, please visit [chemstation.com](http://chemstation.com).



## Reducing Outdoor Water Use

With summer's rising temperatures often comes rising outdoor water use, mainly due to an increase in lawn and landscape watering. Help keep water use under control this summer by using these tips from WaterSense:

- Step on the lawn, and if the grass springs back, it doesn't need water.
- Raise your lawn mower blade. Longer grass promotes a more drought-resistant lawn, reduced evaporation, and fewer weeds.
- Sweep driveways, sidewalks, and steps rather than hosing them off.
- Plan to water in the early morning or evening to beat daytime evaporation.
- Inspect irrigation systems and fix leaks and broken or clogged sprinkler heads.

To view their “Save Water in the Yard This Summer” Infographic, visit <https://www.epa.gov/watersense/watersense-summer-infographic>.



Sometimes you win, and sometimes you learn.  
— Robert T. Kiyosaki

May you have the hindsight to know where you've been, the foresight to know where you are going, and the insight to know when you've gone too far.  
— Irish Blessing

## BY THE NUMBERS

Gallons of soap delivered:

**310,261,448**

since 1984



Empty drums not in landfills:

**5,641,117**

since 1984

