

Safety

Firearm Safety - is a mindset or frame of mind. It requires total concentration, knowledge of how a firearm operates and an understanding of safety rules.

Jeff Cooper's Four Rules: (Modified)

1. Treat All guns as if they are loaded.
2. Never let the muzzle cover anything you are not willing to destroy.
3. Keep your finger off the trigger until your sights are on the target and you're ready to discharge your firearm
4. Be sure of your target and what is behind and beyond it.

Firearm Etiquette

Prove any firearm is unloaded before accepting it or passing it to someone.

- Both people must agree
- Good idea to look twice

NRR ratings - a relative measure of sound reduction measured in decibels (db)

Actual reduction in sound is equal to the $(NRR - 7) / 2$

Sound reduction for double plugging is the higher value + 5db

Sound levels above 140 decibels can damage hearing even with short durations

Eye protection - should always be worn on the firing line.

Notes