

Hearing protection is a sound idea

When you use foam earplugs...

- 1 Use the right size.



- 2 Roll the plug firmly between your thumb and forefinger into a cylinder.



Start gently so there are no creases, and press more firmly as the earplug gets compressed.



- 3 Reach around your head, lift your ear up and back, and with your other hand, insert the plug firmly into the ear canal. Hold it in place for a moment and wait for the material to expand.



- 4 Check for signs of a good fit; they should be invisible or barely visible from the front. Your own voice should sound lower and muffled to you, and the plug should feel snug.



Detailed, how-to information about the proper use of hearing protection devices is available on worksafebc.com.

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