

HOW TO FIT

Foam Earplugs

CORRECTLY

For earplugs to protect you from high noise levels, you must insert them correctly.



Use clean hands to remove earplugs from their protective package.

Use a new pair every day and replace them during the day if they get dirty.



Roll the plug tightly.

Do not squeeze the earplug. Roll it between your thumb and first two fingers until it is as thin as you can make it.



Open the ear canal.

Reach behind your head with the opposite hand and pull your ear outward and upward. This opens the ear canal.



Insert and hold the plug.

Slide the rolled thin end of the plug into the ear canal. Hold the plug in place for 10 to 20 seconds while the plug expands.



Check and adjust the plug.

With both earplugs properly inserted, you will notice noises do not sound as loud.

Check the fit of the foam plug by gently tugging on it. It should not move easily. If it does, reinsert it deeper into the canal.



Double check.

Also check the fit by looking at yourself in the mirror or have someone look at you. You should not be able to see the earplugs.

If you would like this information in another language, please contact us.

WSCC

Workers' Safety
& Compensation Commission

wscn.ca 1.800.661.0792

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