

Proper Use of Foam Earplugs for Hearing Protection

- (A) With clean hands, roll and compress the foam earplug.
- (B) Hold the earplug between thumb and forefinger. Roll and progressively compress the entire tapered end of the earplug to a small, crease-free, cylinder (Figure 1).
- (C) Reach hand over head and gently pull ear upward (Figure 2). Insert the foam earplug.
- (D) Hold for at least 20-30 seconds as the foam earplug expands (Figure 3). If the ear plug doesn't seem to fit properly, remove it and try again.



ROLL



INSERT



HOLD