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.