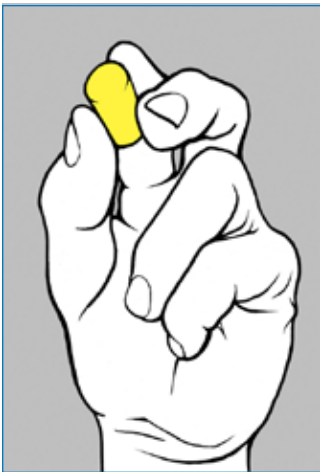




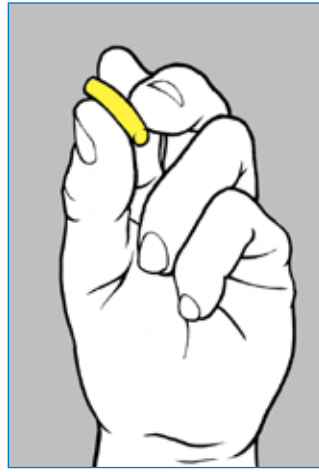
Inserting your foam earplugs

Earplugs can help protect your hearing from loud noise in your workplace if they are worn correctly. They are also useful for keeping hot slag, dust, and other flying particles from entering your ear canals.

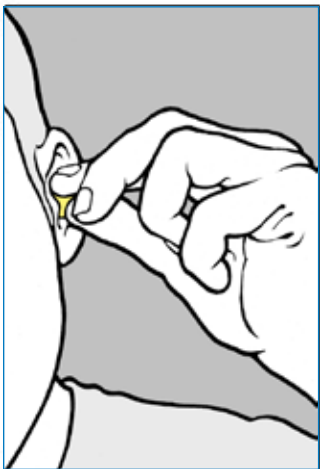
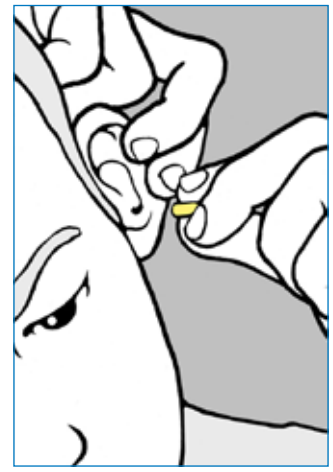
How to insert your earplugs



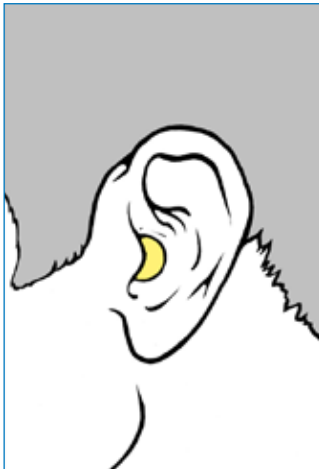
1. Using clean hands, roll and compress the entire earplug into a thin cylinder.



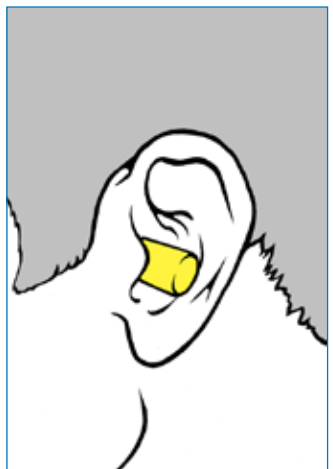
2. To make insertion easier, pull back and up on the outer part of your ear.



3. Insert the earplug into your ear canal, and hold it in place for a few seconds until it expands and blocks out noise.



4. Check that your earplugs are correctly inserted. If they are inserted correctly, they should not be visible if you look straight ahead into a mirror or someone looks at you face on.



For more information see the WorkSafeBC publication *Sound Advice: A Guide to Hearing Loss Prevention Programs*.