

PROPER EAR PLUG FITTING

**PROPER FITTING FOR YOUR EAR PLUGS
PAYS OFF IN THE LONG TERM.**

**THE CONSEQUENCES OF FAILING
TO PROTECT YOUR HEARING MAY
TAKE YEARS TO SHOW UP.**

**PROLONGED EXPOSURE TO
NOISE EXCEEDING 85 DECIBELS
(DB), ABOUT THE SAME
LOUDNESS AS A VACUUM
CLEANER, CAN CAUSE
PERMANENT HEARING LOSS.**

EAR PLUG FITTING

- 1. WASH YOUR HANDS.**
- 2. ROLL DON'T JUST
SQUEEZE THE
EARPLUGS**
- 3. PULL YOUR EAR UP**
- 4. INSERT THE PLUG
DEEPLY INTO THE
EAR CANAL.**



BC Forest Safety

Safety is **good** business

PROPER EAR PLUG FITTING



FITTING INSTRUCTIONS

1. WASH YOUR HANDS PRIOR TO INSERTING EAR PLUGS TO PREVENT ANY DIRT OR GERMS FROM ENTERING YOUR EAR CANAL.
2. BEFORE INSERTING A FOAM PLUG, REMEMBER TO FIRST ROLL THE PLUG FIRMLY BETWEEN YOUR THUMB AND FORE FINGER. DO NOT JUST SQUEEZE THE EAR PLUG AS YOU MAY NOT GET PROPER FITTING.
3. USE YOUR FREE HAND TO LIFT YOUR EAR UP, AND BACK — THIS WILL STRAIGHTEN THE EAR CANAL.
4. WHILE YOU'RE INSERTING THE PLUG, HOLD IT IN PLACE FOR A FEW SECONDS TO ALLOW THE MATERIAL TO EXPAND.
5. IF THE PLUG FEELS TIGHT AT FIRST, IT'S PROBABLY A GOOD FIT. IF IT FEELS LOOSE, IT'S TOO SMALL.
6. WHEN A PLUG IS PROPERLY FITTED, YOUR VOICE WILL SOUND TO YOU AS THOUGH IT'S LOWER AND MORE MUFFLED, AS THOUGH YOU WERE INSIDE A BARREL.

CORRECT FITTING: WHEN PROPERLY INSERTED, THE BOTTOM EDGE OF EAR PLUG IS LOCATED AT THE OPENING OF THE EAR CANAL.

INCORRECT FITTING: A PORTION OF THE EARPLUG IS NOT IN THE EAR CANAL, REDUCING THE EFFECTIVENESS.