saif
Work. Life. Oregon.

Properly fitted earplugs

Resources

What's too loud? Get noise/hearing protection answers, advice, and solutions at saif.com/safety

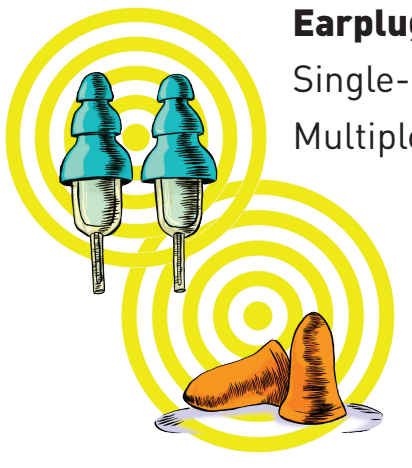
Roll: Your hands and plugs should be clean. Using your fingers, roll the plug into a thin cylinder—not a cone; not a ball—as tightly compressed as you can make it. No creases, please. You can accomplish this by squeezing lightly as you begin rolling, then applying more and more pressure as the plug becomes smaller. Make sure you roll; do not twist.

Pull: Hold the plug in one hand and reach over your head with the other hand. Pull ear up slightly and back to straighten the entrance to the ear canal.

Put: Put the earplug well inside ear canal, pushing gently. Stop pushing when your finger touches the ear.

If properly fitted, the end of the earplugs should not be visible to someone looking at you from the front.

Types of hearing protectors:



Earplugs
Single-use
Multiple-use

Ear caps
Banded earplugs
Canal caps

Earmuffs
Standard (headband)
Cap-mounted
Elecronic

S1045 | ©SAIF 03.26