



## How to Use Hearing Protection

### Disposable Ear Plug Fitting Instructions



Hold the earplug between your thumb and forefinger. Roll and compress the entire earplug to a small, crease-free cylinder.



While still rolling, use your other hand to reach over your head and pull up on your outer ear. This straightens the ear canal, making way for a snug fit.



Insert the earplug and hold for 20 to 30 seconds. This allows the earplug to expand and fill your ear canal. Test the fit. In a noisy environment, and with the earplugs inserted, cup both hands over your ears and release. You should not notice a significant difference in the noise level. If the noise seems to lessen when your hands are cupped over your ears, your earplugs are probably not fitted properly.



Always remove earplugs slowly, twisting them to break the seal. If you remove them too quickly, you could damage your eardrum.

### Ear Muff Fitting Instructions



Earmuffs offer excellent protection if the cups are fitted and adjusted properly. Your ears should be completely enclosed by the ear cups.



Adjust the cups up or down to fit the headband securely at the crown of your head. The best performance is obtained when the cushions touch your head and release. You should not notice a significant difference in the noise level. If the noise levels seem to lessen when you press the cups, your earmuff is probably not fitted properly.



Regularly check cushions to wear and clean them often with a damp cloth. Check them to wear. If the cushions become hard, damaged or deteriorate, they should be replaced promptly.

Additional Resources: <http://www.chsl.org/docs/howtousehearingprotection.pdf> and [http://oregonstate.edu/ehs/sites/default/files/pdf/si/hearing\\_conservation\\_si044.pdf](http://oregonstate.edu/ehs/sites/default/files/pdf/si/hearing_conservation_si044.pdf)

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