

	FOAM EAR PLUGS	Date:
	TOOLBOX / TAILGATE TALK	Presenter:

How To Wear Soft Foam Earplugs

Before picking up your ear plugs you should make sure your hands are clean, so you don't transfer dust, dirt or any other foreign materials to your ear plugs and into your ears.

ROLL,

Before you try to insert the foam ear plug into your ear you have to make it small enough to fit. In order to do this, just roll it between your fingers until it is small enough to fit.

Make sure not to let any wrinkles get into the roll. Wrinkles will let sound in.

PULL,

With your right-hand reach across the top of your head and grasp the top of your ear with your thumb and forefinger and gently lift upwards.

This will make your ear canal open up for easier insertion.

Insert rolled ear plug.



PAUSE,

Allow ear plugs to expand inside your ear. Most of it should go into your ear and only a small amount should be outside the ear, so you can grasp it when you want to remove it.

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