



CORRECTLY INSERTING FOAM EARPLUGS ▼

29 CFR 1910.95(i)

Mufflers, sound curtains and other controls help reduce the noise levels of equipment, but they cannot always create enough reduction to help prevent noise-induced hearing loss, which is irreversible. To decrease noise to a safe level, our hearing conservation program supplements these measures with earplugs.

Earplugs help only if worn consistently and correctly. To help ensure a good fit, several different styles of earplugs are available. If you can't find one that fits well, see the safety officer to explore other options.

For the best fit and protection from foam earplugs:

- 1. Clean your hands to keep your earplugs clean while handling them.
- 2. Roll the earplug between your thumb and fingers to condense the foam.
- 3. Reach behind your head with your left hand and pull the top of your right ear up and slightly out to open your ear canal.
- 4. Insert the earplug and hold it in place until it expands.
- 5. Repeat steps 3 and 4 with your right hand and left ear.

For a good fit, the earplug needs to pass through the bend in your ear canal. If a majority of the earplug is visible, you probably don't have a good fit and could be risking damage to your hearing.

Discussion Date: _____

Employee Participants:

Continue employee participants on back if needed ▶

OUR SITE SPECIFIC REQUIREMENTS/PROCEDURES ▼