

Earplugs...

# Plugging Up Your Ears

FOAM EARPLUGS PROVIDE GREAT PROTECTION AND COMFORT FROM LOUD NOISE WHEN THEY'RE WORN CORRECTLY.

**BAM**

**WHAM**

IF YOU WANT GOOD HEARING FOR THE LONG HAUL, PLACE THE EARPLUGS IN YOUR EARS THE RIGHT WAY FOR MAXIMUM PROTECTION.

FOLLOW THESE TIPS AND YOU WON'T HEAR SOMEONE SAY, "CAN YOU HEAR ME NOW!?"



● Make sure your hands and plugs are clean before using them.

**1** Roll each plug into a cylinder or golf tee shape as small as possible. Don't just squeeze them.



**2** Insert them quickly into your ear canal before they puff out.



**3** Hold them in place with your fingertip for one minute until they expand completely.



- After using earplugs, wash them with mild soap and water, then rinse thoroughly. Pitch earplugs that remain discolored or disfigured.
- Never wear earplugs in an environment where they can absorb chemicals.
- Never cut earplugs in half because that reduces the foam mass. Then you won't have full, effective noise reduction, which will put your hearing in harm's way.

**Keep a set of earplugs with you at all times. You'll never know when they'll come in handy!**