

# Put a Plug in the Noise

Properly inserted earplugs help prevent noise-induced hearing loss.



1. **Roll** the earplug up into a small, thin "snake" with your fingers.



2. **Pull** the top of your ear up and back with your opposite hand to straighten out your ear canal. The rolled-up earplug should slide right in, with most of it filling the canal.



3. **Hold** the earplug in with your finger. Count to 20 or 30 out loud while waiting for the plug to expand and fill the ear canal. Your voice will sound muffled when the plug has made a good seal.

Check the fit by placing your hands over your ears. If sounds are much more muffled with your hands in place, the earplug may not have sealed properly. Take the earplug out and try again.



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