Hearing protection is a sound idea

When you use foam earplugs...

1. Use the right size.

2. Roll the plug firmly between your thumb and forefinger into a cylinder. Start gently so there are no creases, and press more firmly as the earplug gets compressed.

3. Reach around your head, lift your ear up and back, and with your other hand, insert the plug firmly into the ear canal. Hold it in place for a moment and wait for the material to expand.

4. Check for signs of a good fit; they should be invisible or barely visible from the front. Your own voice should sound lower and muffled to you, and the plug should feel snug.

Detailed, how-to information about the proper use of hearing protection devices is available on worksafebc.com.