



## Express Eddie's Toolbox



### How To Properly Wear Ear Plugs

[Hearing protection](#) plays a critical role in many industrial workplaces. Heavy-duty equipment and machines are often loud and could cause significant damage to workers' hearing. Companies invest in [ear plugs](#) that could limit exposure to excessive noise, but are only effective when workers know how to wear them properly.

The Center for Disease Control and Prevention (CDC) recommends following the steps below to get the best hearing protection possible with [ear plugs](#):

1. Employees should grasp the ear plug firmly in their fingers. Roll the plug into a small, thin strand, which makes insertion easier.
2. Pull the top of the ear back and up to straighten out the ear canal. This can be done with the hand opposite the ear, and should allow the ear plug to slide into place.
3. Hold the ear plug in place and count aloud for 20 to 30 seconds. Counting aloud will allow workers to hear when a good seal has been created, as their voice will become muffled.
4. Ensure the ear plug is firmly inserted in the ear canal. If workers find the plug is loose, they should restart the process.

When exposed to harmful noises on the job site, provide employees with the appropriate hearing protection. Using this process can help workers reduce the risk of temporary and permanent hearing loss.

Article from:

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*Woodworker Express is a distributor of Northern Safety Co. Inc. products.*



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