

- Pull the ear
- Insert the plug with a rotating movement.
- Hold it in place 20 to 30 seconds.

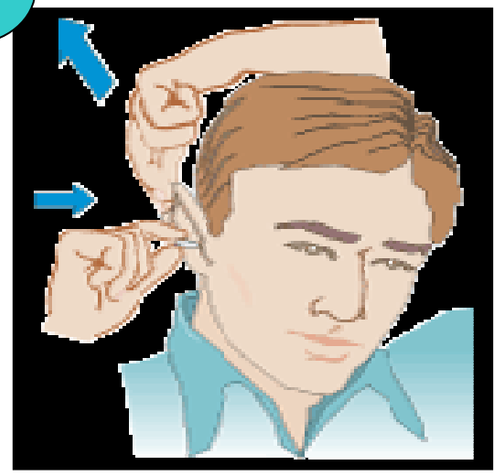
1 Have clean hands



2 Roll and compress the foam earplug

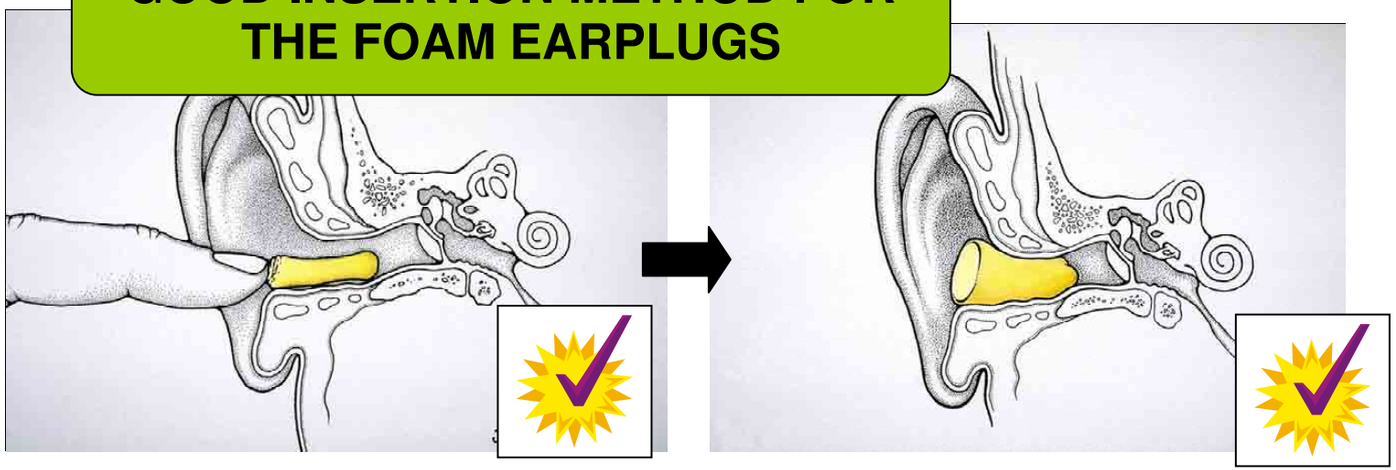


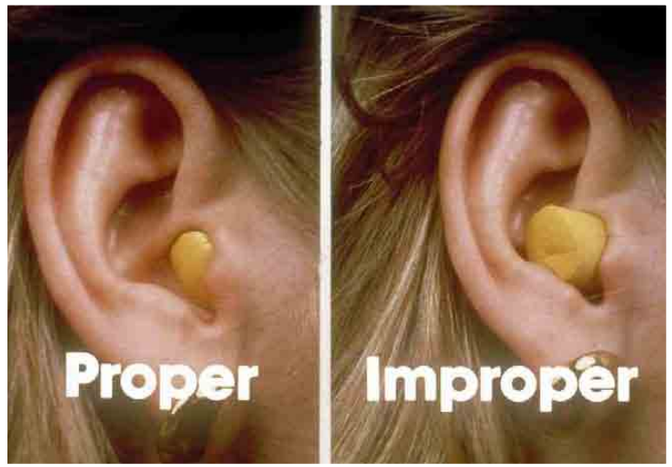
3



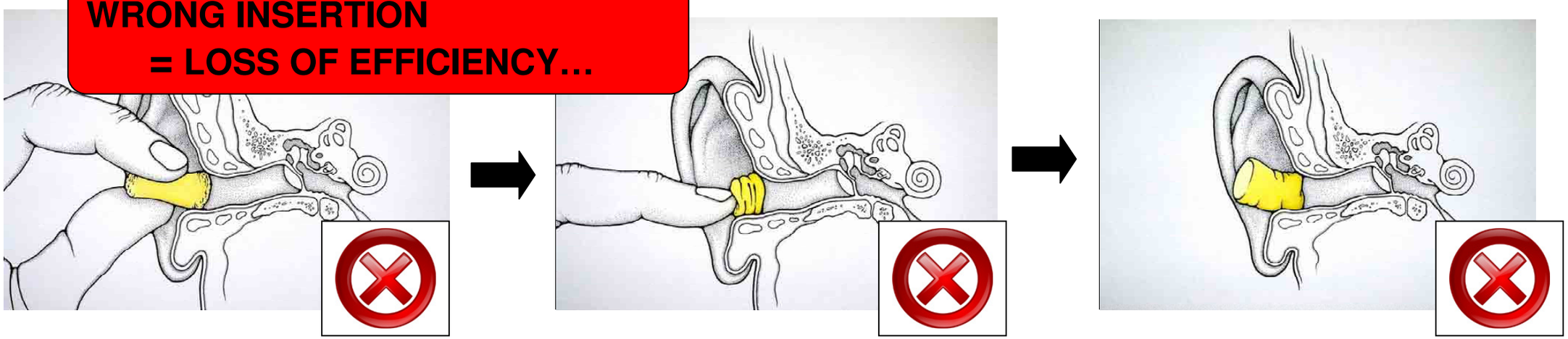
Conçu par : Amélie Larochelle, technicienne en hygiène industrielle
Sources d'images : http://e-a-r.com/pdf/hearingcons/FittingFoamEarplugs.ppt
http://www.cdc.gov/niosh/mining/topics/hearingloss/earplug.htm

GOOD INSERTION METHOD FOR THE FOAM EARPLUGS





WRONG INSERTION
= LOSS OF EFFICIENCY…



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http://www.cdc.gov/niosh/mining/topics/hearingloss/earplug.htm