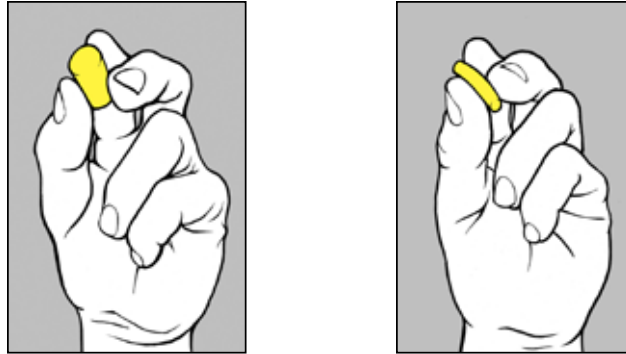
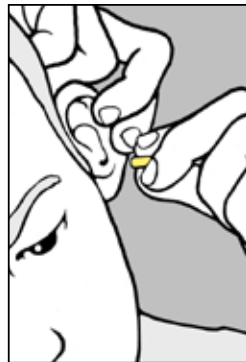


## Proper use of foam earplugs

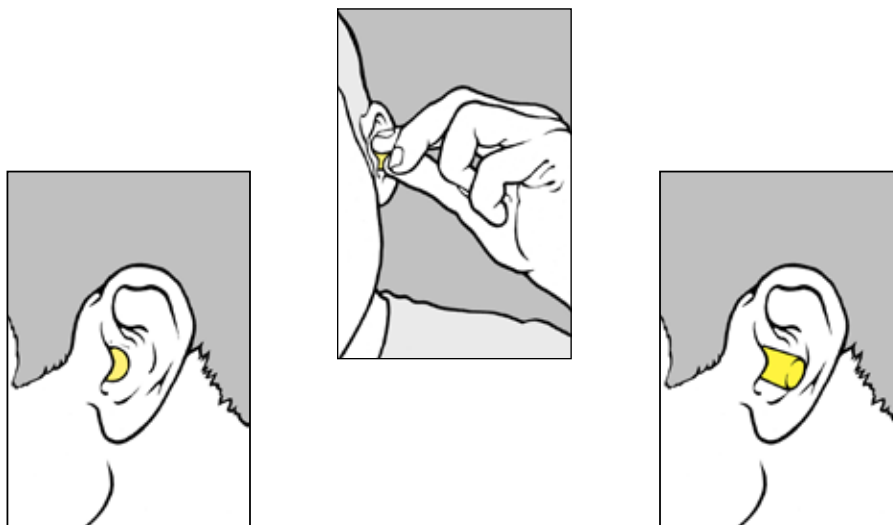
1. Using clean hands, roll and compress the entire earplug into a thin cylinder.



2. To make insertion easier, pull back and up on the outer part of the ear.



3. Insert the earplug into the ear canal, and hold it in place for a few seconds until it expands and blocks out noise.



*Properly inserted*

*Not properly inserted*

Project: \_\_\_\_\_ Address: \_\_\_\_\_

Employer: \_\_\_\_\_ Supervisor: \_\_\_\_\_

Date: \_\_\_\_\_ Time: \_\_\_\_\_ Shift: \_\_\_\_\_

Number on shift: \_\_\_\_\_ Number attending: \_\_\_\_\_

**Other safety issues or suggestions made by attendees:**

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**Record of those attending:**

Name: (please print)	Signature:	Company:
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		
11.		
12.		
13.		
14.		
15.		

Manager's remarks: \_\_\_\_\_

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Manager: \_\_\_\_\_ Supervisor: \_\_\_\_\_

*(signature)*

*(signature)*



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