



Mining Product: How to Wear Soft Foam Earplugs (Roll-Pull-Hold)

Original creation date: March 2003

Authors: NIOSH

To get the best protection from your soft foam earplugs, remember to roll, pull, and hold when putting them in. Use clean hands to keep from getting dirt and germs into your ears!

Audience: All miners



Video - March 2003

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Pittsburgh, PA: U.S. Department of Health and Human Services, Public Health Service, Centers for Disease Control and Prevention, National Institute for Occupational Safety and Health, Publication No. 2007-147c, 2003 Mar.

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Page last reviewed: October 20, 2017
Page last updated: November 9, 2012