



PROPER FIT GUIDE

Ensure your hearing protection is applied properly to achieve an effective noise sealing fit.

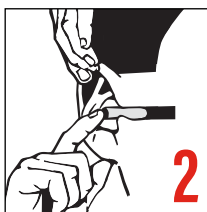
FIT TESTING TO CSA STANDARD Z94.2-14

Fit testing can be performed quantitatively or qualitatively. Quantitative methods are preferred but require specialized equipment. Qualitative methods are simpler, requiring only the worker's sense of hearing. View the CHECK THE FIT boxes below for qualitative method instructions.

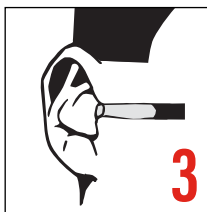
Foam Ear Plugs



Roll ear plugs down as narrowly as possible with the hand on the same side of your body that the ear plug is being applied to. Ensure hands are properly sanitized before doing so.



Lift the helix, or upper part of the ear, at an upward and outward angle to open the ear canal. Insert the rolled down ear plug until the back end has made it past the tragus, or outer ear. Use a mirror to check, or have a coworker visually confirm.



Allow 20-30 seconds for the plug to "recover" and form a foam tight seal against the walls of the ear canal.

CHECK THE FIT

- Confirm that your voice sounds hollow, as if heard in a drum barrel.
- Environmental noises should not be as loud as they were prior to inserting the ear plugs.
- Cup your hands snugly over your ears. If noises are considerably more muffled, the plugs may not be properly sealed.

Banded Ear Plugs

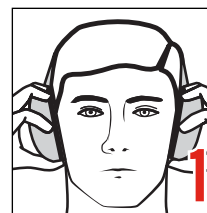


Position ear plugs over your ear canal with the band under your chin allowing for the recoil of the band to insert the plugs.



Ensure a secure fit by pushing gently with a slight rocking and twisting motion while pulling the helix, or outer ear, upward and outward.

Ear Muffs



Position both cups over your ears, making sure each cup is sealed tightly against the head and covering the whole ear.



Securely hold down the headband or hard hat and make any necessary height adjustments in order to ensure an effective seal around the whole ear.



Ensure a tight, secure and comfortable fit is obtained with even pressure around both ears.

CHECK THE FIT

- Environmental noises should not be as loud as they were before applying the ear muffs.
- When wearing in combination with other PPE, such as eyewear, ensure the seal remains unbroken.



PIP CANADA LTD.
www.pipcanada.ca



View PIP's complete selection of
Hearing Protection