

The ציץ is מרצה both on בעלים and the כהנים who are מקריב if they are טמא.

In order for the ציץ to be מרצה, it must be on the forehead of the כהן גדול.

A person should touch his תפילין every hour in order that he not forget that he is wearing them. The משנה ברורה writes that this is also done to ensure that they are in the correct place.