Let’s protect the pleasure of hearing. Forever.

For over 30 years we’ve pursued the prevention of occupational hearing loss through innovations in hearing protection and the promotion of progressive hearing conservation programs.
HOW TO PROPERLY INSERT EARPLUGS

**STEP 1: ROLL**
For roll-down foam earplugs, start rolling the foam gently to avoid creases. Then roll firmly to make the cylinder as small and stiff as possible.

*Move quickly* to next step so that the earplug doesn’t expand before insertion.

**STEP 2: PULL**
Reach over the head to pull OUT (or for some people, pull UP or BACK) on the outer ear.

Have someone observe and give you feedback about which pull-direction is most effective in opening the ear canal for a better fit.

**STEP 3: INSERT**
Insert the earplug far enough so that it goes around the bend in the ear canal. This often feels sensitive (not painful), or may trigger a cough reflex. This is normal.

Let go of the ear after the earplug is fully inserted.

View helpful how-to-fit videos.
CONSIDERATIONS FOR SELECTING THE PROPER EARPLUG

Fit-testing allows a worker to try a variety of hearing protectors that may be suitable. **Often, the worker’s first choice of earplugs is not the best.**

*Here are some selection tips that have proven useful in one-on-one training.*

1: **SIZE**

Look at the ear canal opening to determine if a different size would be helpful.

Women often have smaller ear canals than men.

2: **SHAPE**

Ear canal openings may appear as round, oval or a slit. A foam earplug often fills an oval or slit in the ear canal.

3: **EASE OF INSERTION**

An earplug with a stem may be easier for some workers to insert.
A guide for earplug selection, size and fit.

PROPER EARPLUG INSERTION
SELECT THE RIGHT EARPLUG
EARPLUG SIZE GUIDE
ELIMINATING DISCOMFORT
FIXING HIDDEN LEAKS
ADDRESSING UNDERPROTECTION
TOO MUCH EARPLUG SHOWING

Larger Foam
- MAX®
- FirmFit™
- MaxLite®
- Pilot™

Larger Reusable
- SmartFit®
- Fusion®
- MaxLite®
- Quiet®

Smaller Foam
- Multi Max®
- Detectable
- Laser Trak Detectable
- Clarity®

Smaller Reusable
- Fusion®
- Detectable
- Laser Lite®
- Clarity® Small

BUILD A CULTURE OF SAFETY.
Honeywell can help.

Helpful Hearing How-to Videos

Honeywell
DISCOMFORT:
An uncomfortable earplug potentially reduces wear time, and is often a sign of an improper fit or incorrect sizing. Take the time to find the proper earplug style and fit that are best for you and will provide adequate protection the entire work shift.

<table>
<thead>
<tr>
<th>CAUSE</th>
<th>SOLUTION</th>
</tr>
</thead>
<tbody>
<tr>
<td>Foam Earplugs</td>
<td>• • • • • • • • • Try a soft-foam earplug, or a low-pressure foam earplug.</td>
</tr>
<tr>
<td>Earplug is too large</td>
<td>• • • • • • • • Try a smaller earplug.</td>
</tr>
<tr>
<td>Earplug is too firm to comfortably bend in the ear canal</td>
<td>• • • • • • • • Try a foam earplug that can conform more to the bends of the ear canal.</td>
</tr>
<tr>
<td>Earplug is hitting the bend in the ear canal</td>
<td>• • • • • • • • Before inserting, straighten the ear canal by reaching over the head to pull OUT (or for some people, pull UP or BACK) on the pinna.</td>
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Research has shown that a considerable proportion of employees already achieve effective attenuation with their existing earplugs with proper fit, and that other employees can improve results with training and the ability to choose from a variety of earplugs.
HIDDEN LEAK:
A hidden leak can significantly reduce protection levels. The earplug may appear to be inserted correctly, but improper sizing and selection or even a crease in the earplug may cause an acoustic leak that is not readily visible.

CAUSE

**Foam Earplugs**
- Creases in earplug may be allowing noise to leak through
- Earplug hits wall of ear canal and bends back on itself

**All Earplugs**
- Earplug is too small
- Round earplug may not fill oval ear canal

SOLUTION

**Foam Earplugs**
- Do not twist or squeeze down the earplug. Properly roll it – gently at first to avoid creases, then roll firmly to make the cylinder as small as possible.
- Removal sometimes shows a U-shaped earplug. Reach over the head to pull OUT on the pinna to straighten the ear canal.
- Try a reusable earplug with a firmer stem to maneuver around the bend of the ear canal.

**All Earplugs**
- Try a larger earplug.
- Flanges of a pre-molded earplug may not completely fill an oval-shaped ear canal. Try a foam plug that can expand to fill the oval.
UNDERPROTECTION:
Having an earplug in the ear is no guarantee of adequate protection. Fit-testing often reveals poor protection levels that can be corrected with simple steps.

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<td></td>
<td>•••••••••• Roll down the entire earplug, even the flanged end. This will allow a deeper insertion.</td>
</tr>
<tr>
<td>All Earplugs</td>
<td>•••••••••• Observe the worker’s ear: which direction opens the ear canal the most? Give feedback to the worker regarding which pull-direction is most effective.</td>
</tr>
<tr>
<td>Angle of insertion is incorrect</td>
<td>•••••••••• Flanges of a pre-molded earplug may not completely fill an oval ear canal. Try a foam earplug that can expand to fill the oval.</td>
</tr>
<tr>
<td>Round earplug may not fill oval ear canal</td>
<td>•••••••••• Try a larger earplug.</td>
</tr>
<tr>
<td>Earplug is too small, does not seal ear canal</td>
<td>••••••••••</td>
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Build a Culture of Safety. Honeywell can help.
Helpful Hearing How-to Videos
TOO MUCH EARPLUG SHOWING:
To effectively block noise, nearly all of the earplug needs to be inside the ear canal. Too much earplug showing outside of the ear canal is a sign of a shallow insertion, not deep enough to adequately block noise.

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<tr>
<td>Foam Earplugs</td>
<td>• Not rolled down small enough • Start rolling gently to avoid creases, then roll firmly to make the cylinder as small as possible. • Roll down the entire earplug, even the flanged end. This will allow a deeper insertion.</td>
</tr>
<tr>
<td>Earplug expanded before insertion</td>
<td>• After rolling, move quickly to insert before earplug expands.</td>
</tr>
<tr>
<td>All Earplugs</td>
<td>• Insertion not deep enough • Need to insert past bend in ear canal. This often feels sensitive (not painful), or may trigger a cough reflex. This is normal.</td>
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# Too Much Earplug Showing

To effectively block noise, nearly all of the earplug needs to be inside the ear canal. Too much earplug showing outside of the ear canal is a sign of a shallow insertion, not deep enough to adequately block noise.

## Cause

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<th>All Earplugs</th>
<th>Angle of insertion is incorrect</th>
<th>Earplug too large</th>
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<td>Bend in ear canal is blocking a deeper insertion causing earplug to “back out” of ear (earplug may have a visible bend when removed from the ear).</td>
<td>Use a pen-light to look at the ear canal to see which direction to insert (Give direction to “aim the earplug toward your nose,” or “aim the earplug a little upward,” etc.)</td>
<td>Try a smaller earplug</td>
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## Solution

- Reach over the head to pull OUT (or for some people, pull UP or BACK) on the ear flap, called the pinna.
A guide for earplug selection, size and fit.

- **Proper Earplug Insertion**
- **Select the Right Earplug Size Guide**
- **Eliminating Discomfort**
- **Fixing Hidden Leaks**
- **Addressing Under-Protection**
- **Too Much Earplug Showing**

**How to fit single-use roll-down foam earplugs**

**How to fit single-use and multiple-use no-roll foam earplugs**

**How to fit multiple-use earplugs**

**How to fit multiple-use detectable earplugs**

**How to fit banded earplugs**

**Build a Culture of Safety.**
**Honeywell can help.**

**Helpful Hearing How-to Videos**

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