Earplug Fitting Instructions

**Keys to Successful Hearing Protection with Earplugs**

**Wear**
Read and follow earplug fitting instructions.

**Selection**
Avoid overprotection in minimal noise environments – in selecting the best earplug for your situation, consider noise levels and your need to communicate with co-workers or hear warning signals on the job.

**Maintenance**
Inspect earplugs prior to wear for dirt, damage or hardness – discard immediately if compromised.

**Hygiene**
For proper hygiene, discard Single-Use earplugs after use.

**Storage**
With proper maintenance, Multiple-Use earplugs can last for 2-4 weeks; clean with mild soap/water and store in a case when not in use.

**Clean & replace**
Clean and replace pods on Banded earplugs regularly.

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Get the most out of your earplugs

**Acoustical Check**
In a noisy environment with earplugs inserted, cup your hands over your ears and release. Earplugs should block enough noise so that covering your ears with your hands should not result in a significant noise difference.

**Proper Fit**
If either or both earplugs do not seem to be fitted properly, remove the earplug and re-insert.

**Removal**
Gently twist earplug while slowly pulling in an outward motion for removal.

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