Earplug Fitting Instructions

**Single-Use**

1. **Max**
   - With clean hands, roll the entire earplug into narrowed possible crease-free cylinder.
   - Reach over your head with a free hand, pull your ear up and back, and insert the earplug well inside your ear canal.
   - Hold for 30-40 seconds, until the earplug fully expands. If properly fitted, the end of the earplugs should not be visible to someone looking at you from the front.

**Multiple-Use**

1. **SmartFit**
   - While holding the stem, reach a hand over your head and gently pull top of your ear up and back.
   - Insert the earplug so all flanges are well inside your ear canal.
   - If properly fitted, the tip of the earplug stem may be visible to someone looking at you from the front.

**Banded**

1. **QB2HYG**
   - Position band under your chin as shown above. Use your hands to press the ear pods well into the ear canal using an inward motion.
   - Protection levels are improved by pulling your ear up and back when fitting as shown.
   - In a noisy environment, lightly press the band inward with your fingertips as shown. You should not notice a significant difference in noise level.

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**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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**Get the most out of your earplugs**

**Keys to Successful Hearing Protection with Earplugs**

**Wear**

Read and follow all 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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