Earplug Fitting Instructions

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.

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.

Honeywell Safety Products Australia Pty Ltd
43 Garden Boulevard,
Dingley, Victoria 3172 Australia
Tel: 1300 139 166 Fax: 1300 362 491
www.howardleight.com

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