

# How to Use Hearing Protection

## Disposable Ear Plug Fitting Instructions

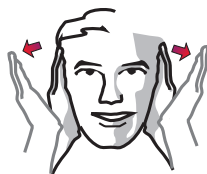
Hold the earplug between your thumb and forefinger. Roll and compress the entire earplug to a small, crease-free cylinder.



While still rolling, use your other hand to reach over your head and pull up and back on your outer ear. This straightens the ear canal, making way for a snug fit.



Insert the earplug and hold for 20 to 30 seconds. This allows the earplug to expand and fill your ear canal. Test the fit. In a noisy environment, and with earplugs inserted, cup both hands over your ears and release. You should not notice a significant difference in the noise level. If the noise seems to lessen when your hands are cupped over your ears, your earplugs are probably not fitted properly. Remove and refit following instructions



Always remove earplugs slowly, twisting them to break the seal. If you remove them too quickly, you could damage your eardrum.



## Ear Muff Fitting Instructions

Earmuffs offer excellent protection if the cups are fitted and adjusted properly. Your ears should be completely enclosed by the ear cups.



Adjust the cups up or down to fit the headband securely at the crown of your head. The best performance is obtained when the cushions form a tight seal against your head.



Test the fit. In a noisy environment, place the palms of your hands on both cups and push the cushions towards your head and release. You should not notice a significant difference in the noise level. If the noise seems to lessen when you press the cups, your earmuff is probably not fitted properly.



Regularly check cushions for wear and clean them often with a damp cloth. Check them for wear. If the cushions become hard, damaged or deteriorate, they should be replaced promptly.

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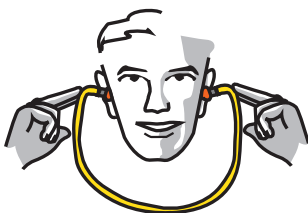
## Hearing Bands Fitting Instructions

Position the band under your chin. Use your hands to press the ear pads well into the ear canal, using an inward and up and down motion.

One at a time, reposition each ear pad by reaching over your head and pulling up and back over your outer ear. This straightens out the ear canal, making way for a snug fit. Then guide the pads into the ear canal and test the fit.

Test the fit. In a noisy environment, lightly touch the bands with your fingertips, pressing slightly inward. You should not notice a significant difference in the noise level. If the noise seems to lessen when you press the bands, your ear pads are probably not fitted properly.

Banded hearing protection products are made of washable materials and should be cleaned and stored carefully. Inspect regularly for tears or hardening. Damaged pads should be replaced immediately.



## Reusable Ear Plug Fitting Instructions

Reach around your head and pull up and back on your outer ear. This straightens out the ear canal, making way for a snug fit.

Hold the stem end of the earplug and insert it well inside your ear canal until you feel it sealing and the fit is comfortable.

Test the fit. In a noisy environment, and with earplugs inserted, cup both hands over your ears and release. You should not notice a significant difference in the noise level. If the noise seems to lessen when your hands are cupped over your ears, your earplugs are probably not fitted properly. Remove and refit following instructions.

Always remove earplugs slowly, twisting them to break the seal. If you remove them too quickly, you could damage your eardrum.

Reusable earplugs should be inspected and cleaned often in soapy water. If they become hard, torn or deformed, they should be replaced.

