


Fitting Instructions for Disposable Earplugs

- Before fitting any earplugs, make sure your hands are clean.
- 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 ear drum.

 Foam earplugs are disposable and not intended for re-use.

