



Earplug Fitting Instructions

Keys to Successful Hearing Protection with Earplugs

Wear




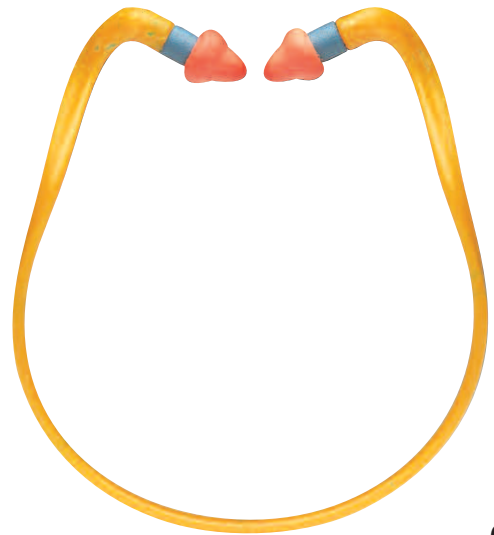
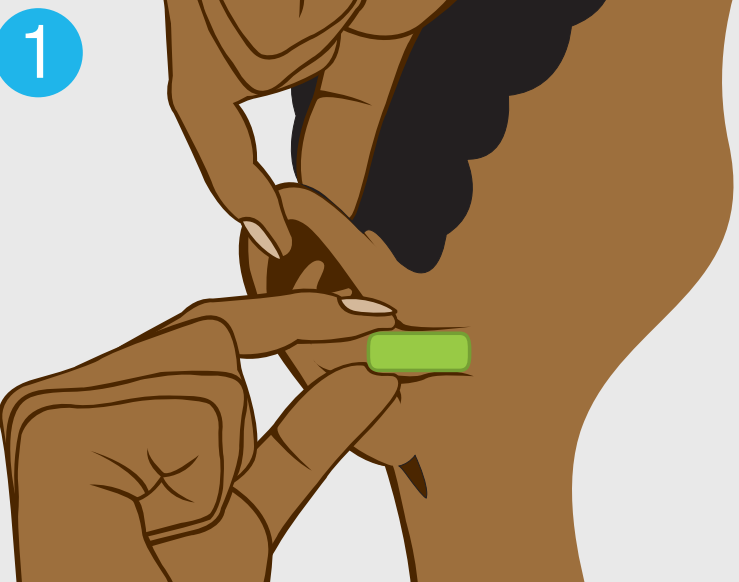
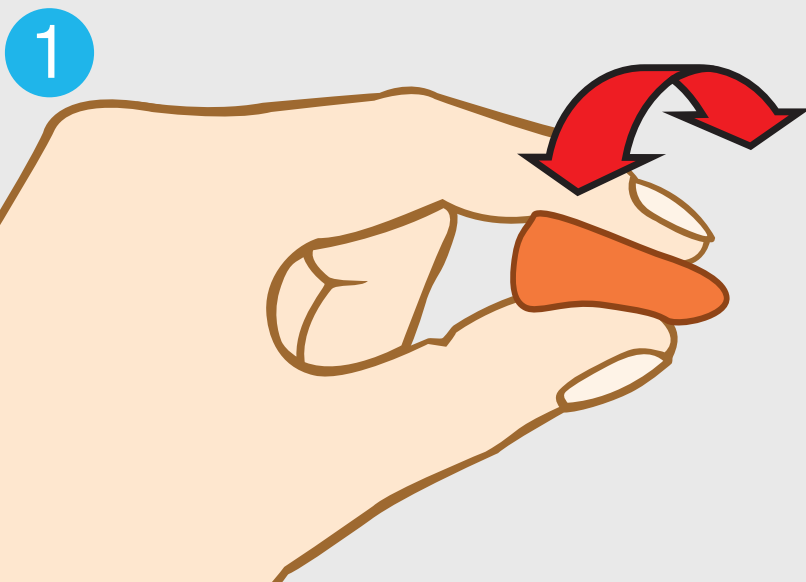
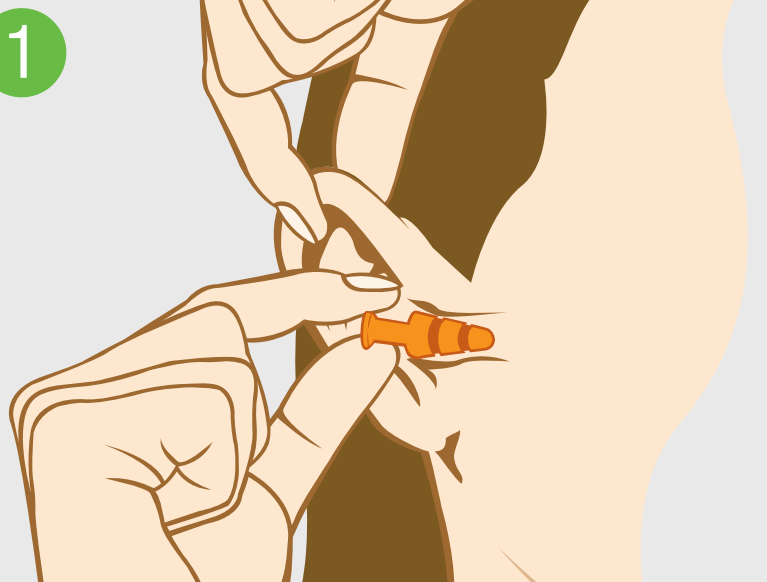
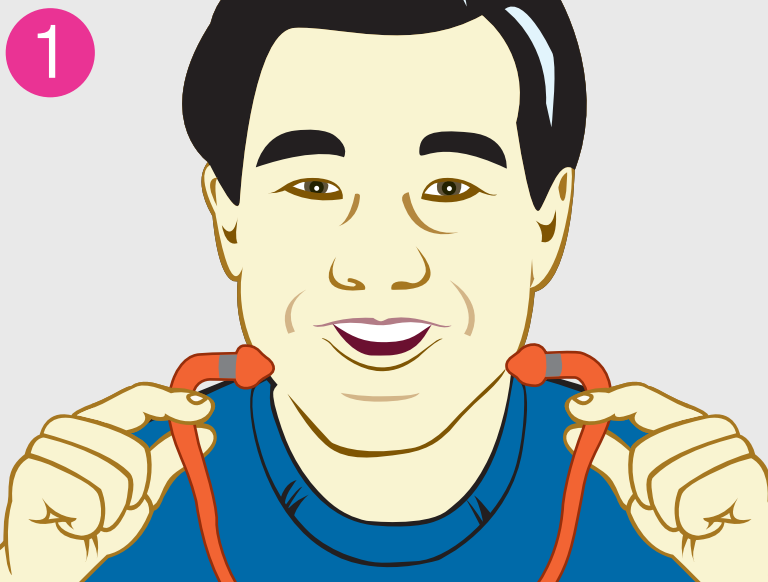
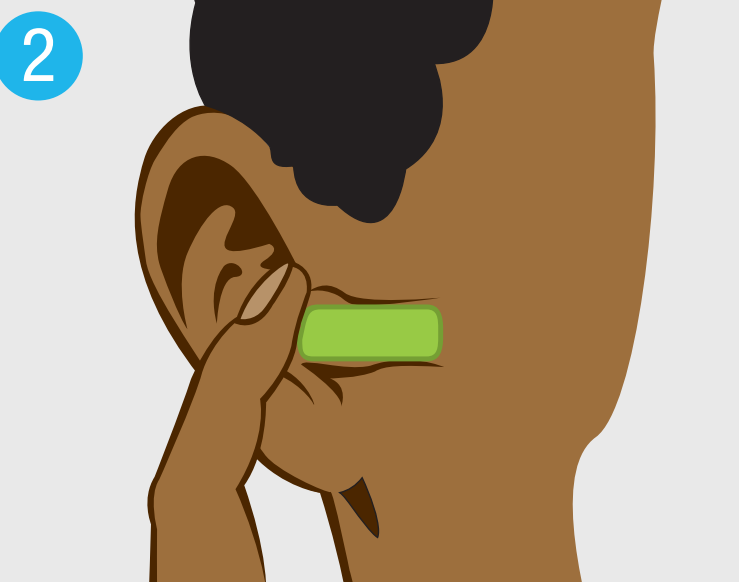
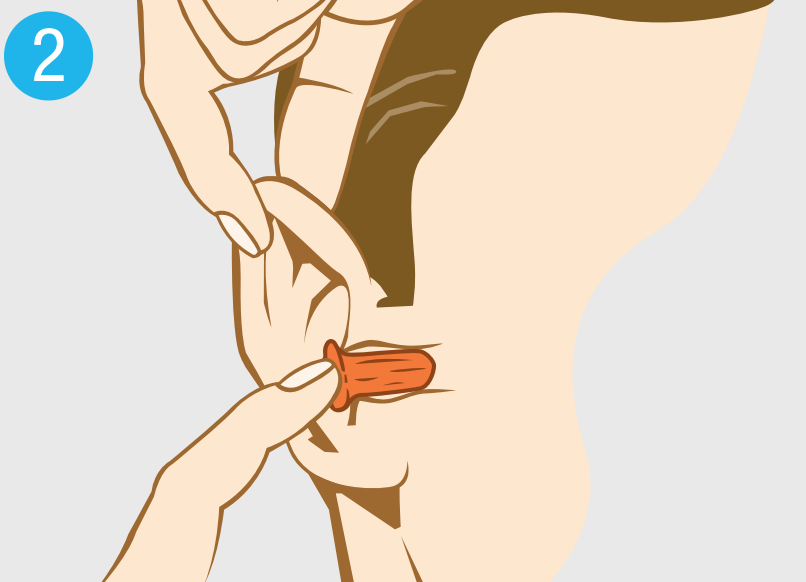
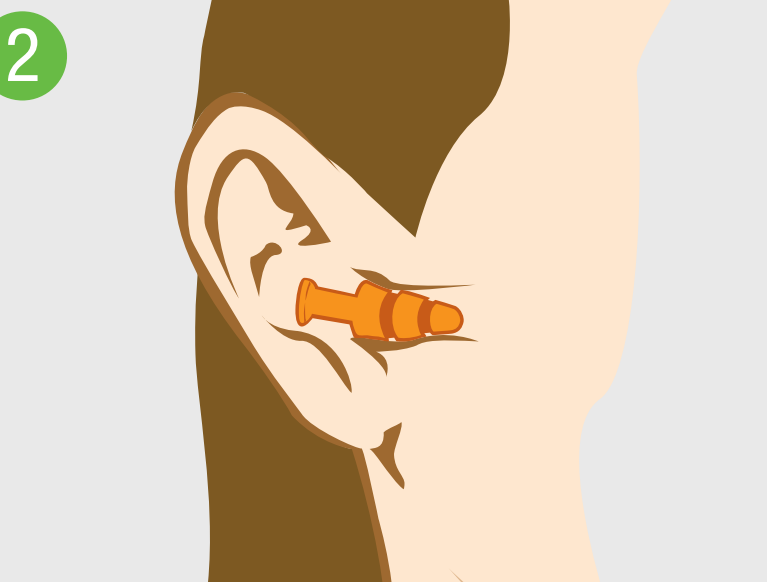
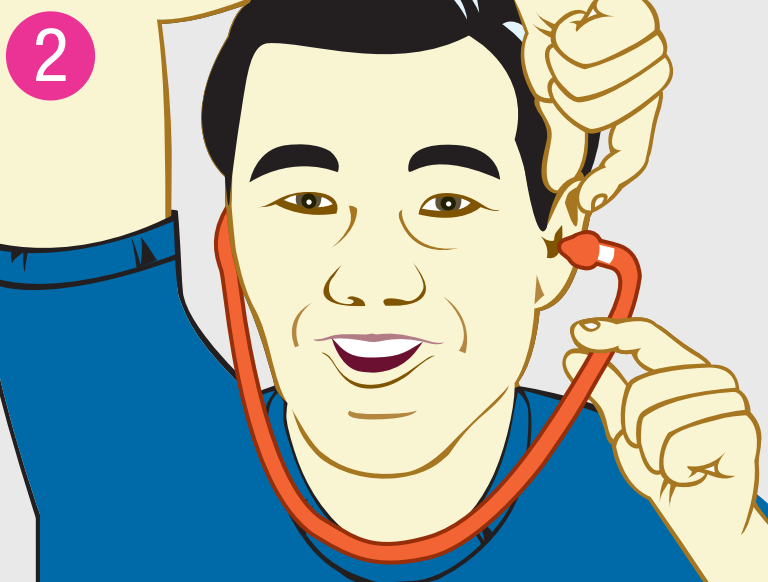
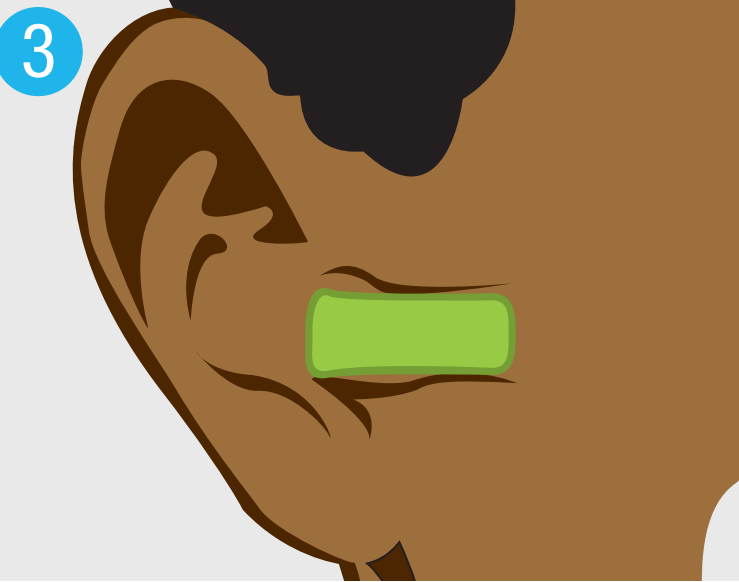
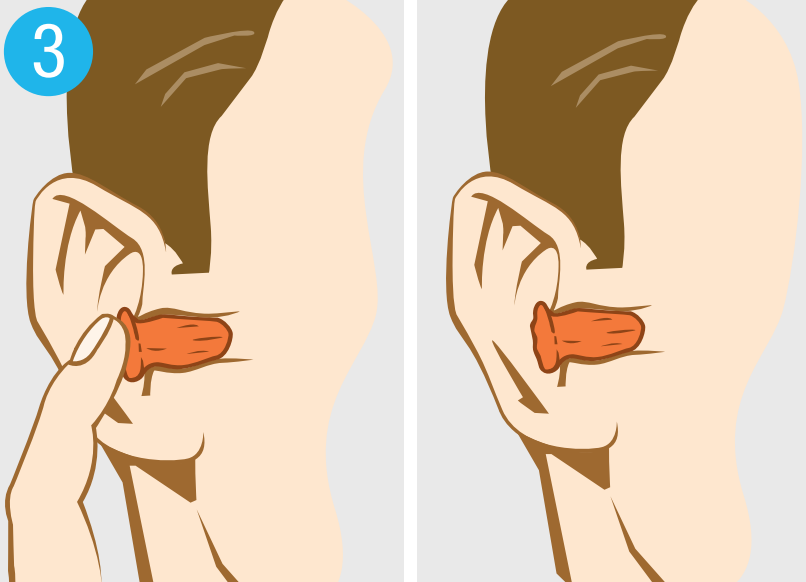
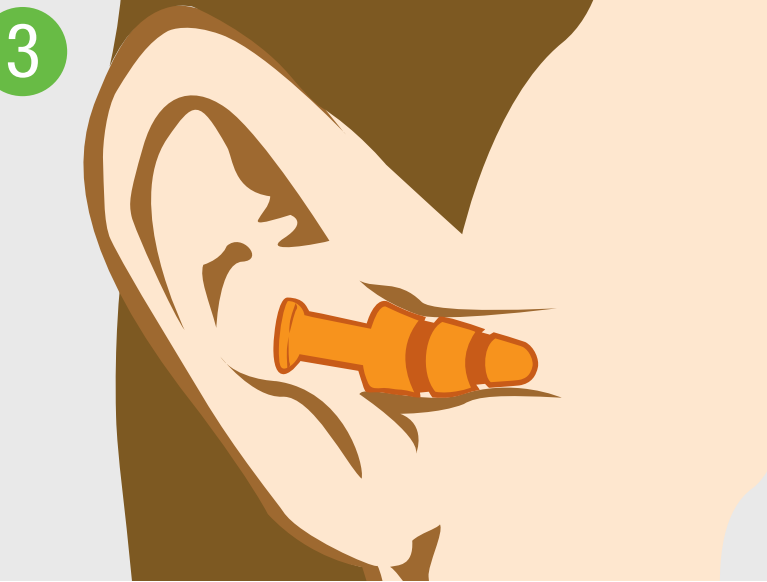
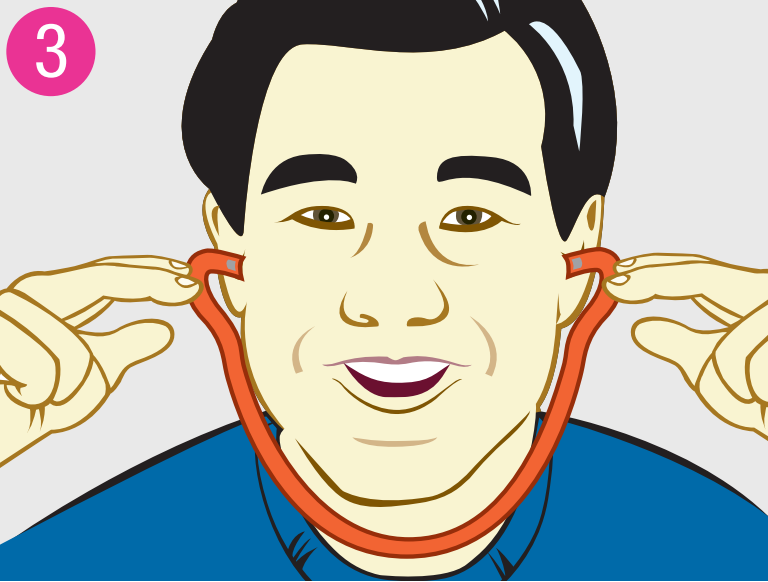
- Read and follow all earplug fitting instructions

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

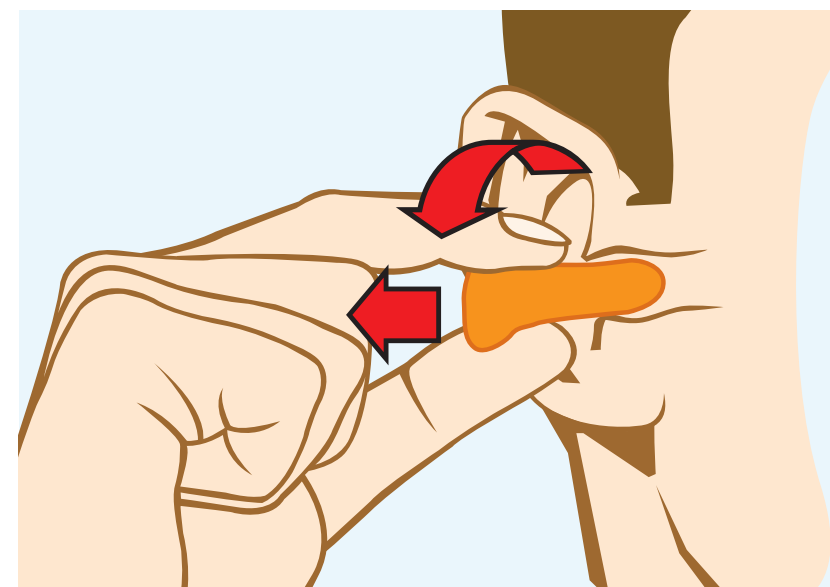
- Inspect earplugs prior to wear for dirt, damage or hardness – discard immediately if compromised
- For proper hygiene, discard Single-Use earplugs after use
- With proper maintenance, Multiple-Use earplugs can last for 2-4 weeks; clean with mild soap/water and store in a case when not in use
- Clean and replace pods on Banded earplugs regularly

1 No-Roll Foam	1 Roll-Down Foam	Multiple-Use	Banded
 <p>Matrix™</p>	 <p>Max®</p>	 <p>SmartFit®</p>	 <p>QB2HYG®</p>
<p>1</p>  <p>Reach over your head with a free hand, pull your ear up and back, and insert the earplug well inside your ear canal.</p>	<p>1</p>  <p>With clean hands, roll the entire earplug into narrowest possible crease-free cylinder.</p>	<p>1</p>  <p>While holding the stem, reach a hand over your head and gently pull top of your ear up and back.</p>	<p>1</p>  <p>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.</p>
<p>2</p>  <p>Earplugs should be inserted as shown in this drawing. Stop pushing earplug when your finger touches your ear.</p>	<p>2</p>  <p>Reach over your head with a free hand, pull your ear up and back, and insert the earplug well inside your ear canal.</p>	<p>2</p>  <p>Insert the earplug so all flanges are well inside your ear canal.</p>	<p>2</p>  <p>Protection levels are improved by pulling your ear up and back when fitting as shown.</p>
<p>3</p>  <p>If properly fitted, the end of the earplugs should not be visible to someone looking at you from the front.</p>	<p>3</p>  <p>Hold for 30 – 40 seconds, until the earplug fully expands in your ear canal. If properly fitted, the end of the earplugs should not be visible to someone looking at you from the front.</p>	<p>3</p>  <p>If properly fitted, the tip of the earplug stem may be visible to someone looking at you from the front.</p>	<p>3</p>  <p>In a noisy environment, lightly press the band inward with your fingertips as shown. You should not notice a significant difference in noise level.</p>

Do's and Don'ts of Howard Leight® Earplugs



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



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



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.