

ENHANCED LISTENING

Fitting earplugs into your ears takes a bit of getting used to, so spend some time familiarising yourself with them and get to understand the anatomy of your ear. Before attempting to insert any earplug please make sure your hands are clean. Be aware that the orientation of your ear canals is backwards and upward; that is they point towards the top of the back of your head.

DISPOSABLE EAR PLUG FITTING INSTRUCTION



Hold the ear plug between your thumb and forefinger. Roll and compress the entire ear plug 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 ear plug and hold for 10 to 20 seconds. This allows the ear plug 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 ear plugs are probably not fitted properly. Remove and refit following instructions.



Always remove ear plugs slowly, twisting them to break the seal. If you remove them too quickly, you could damage your ear drum.

REUSABLE EAR PLUG FITTING INSTRUCTIONS.



Before fitting any ear plugs, make sure your hands are clean. 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 end of the ear plug 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 ear plugs 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 ear plugs are probably not fitted properly. Remove and refit following instructions.



Always remove ear plugs slowly, twisting them to break the seal. If you remove them too quickly, you could damage your ear drum.

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