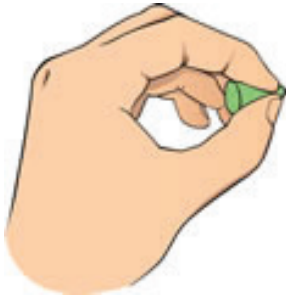


# Fitting Instructions For Foam Earplugs



1

## **ROLL & COMPRESS**

With clean hands, hold earplug between thumb and forefinger as shown.

Roll and progressively compress the entire tapered end of the earplug to a small wrinkle-free cylinder.



2

## **INSERT**

To ensure fitting, reach hand over head and gently pull ear upward and outward as shown.

Insert compressed, tapered end of earplug well inside ear canal.

Hold 30-60 seconds until earplug expands.

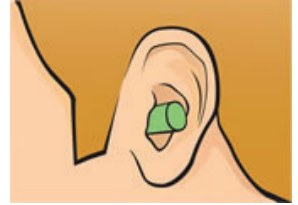
Release, then push in again for 5 seconds to ensure fit.



3

## **CORRECT FIT**

When properly inserted, the bottom edge of earplug is located at the opening of the ear canal.



4

## **INCORRECT FIT**

A portion of the earplug not in the ear canal will reduce effectiveness.