



PROPER FIT ENSURES PROPER PERFORMANCE

Ensure your hearing protection is applied properly to achieve an effective noise sealing fit

> FOLLOW THESE STEPS FOR THE BEST FIT...

Disposable Ear Plugs



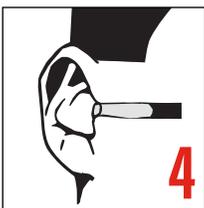
1 Roll disposable ear plugs down as narrowly as possible with the hand on the same side of your body that the ear plug is being applied to. Be sure that your hands are properly sanitized before doing so.



2 Place your opposite hand over your head to hold and lift the helix, or upper part of the outer ear, at an upward and outward angle to effectively open the ear canal.



3 While keeping the ear canal open, place the rolled down ear plug into the ear canal until the back end of the plug has made it past the tragus, or outer ear.



4 Allow 20-30 seconds for the plug to "recover" and form a foam tight seal against the walls of the ear canal.

Ear Muffs



1 Position both cups over your ears, making sure each cup is sealed tightly against the head and covering the whole ear.

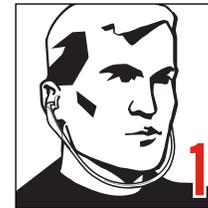


2 Securely hold down the headband or hard hat and make any necessary height adjustments via the smooth telescopic adjustment system in order to ensure an effective seal around the whole ear.



3 Be sure a tight, secure and comfortable fit is obtained with even pressure around both ears.

Banded Ear Plugs



1 Position ear plugs over your ear canal with the band under your chin allowing for the recoil of the band to insert the plugs.



2 Ensure a secure fit by pushing the band and plug gently with a slight rocking and twisting motion while pulling the helix, or outer ear upward and outward with your free hand.



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