



# Earplug Fitting Instructions

## Keys to Successful Hearing Protection with Earplugs

### Wear




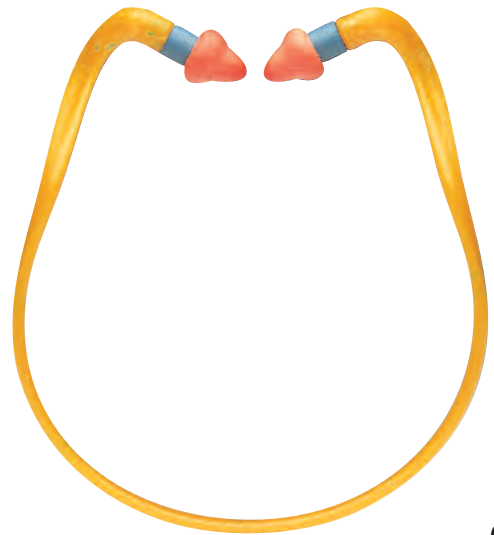
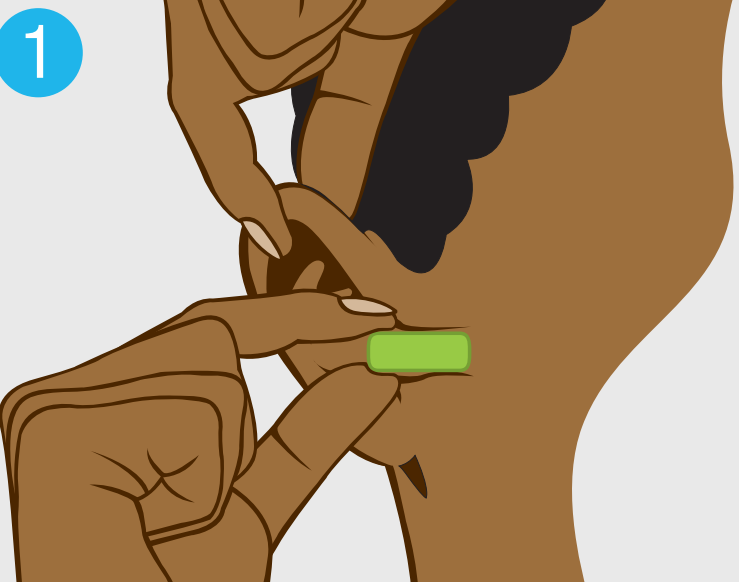
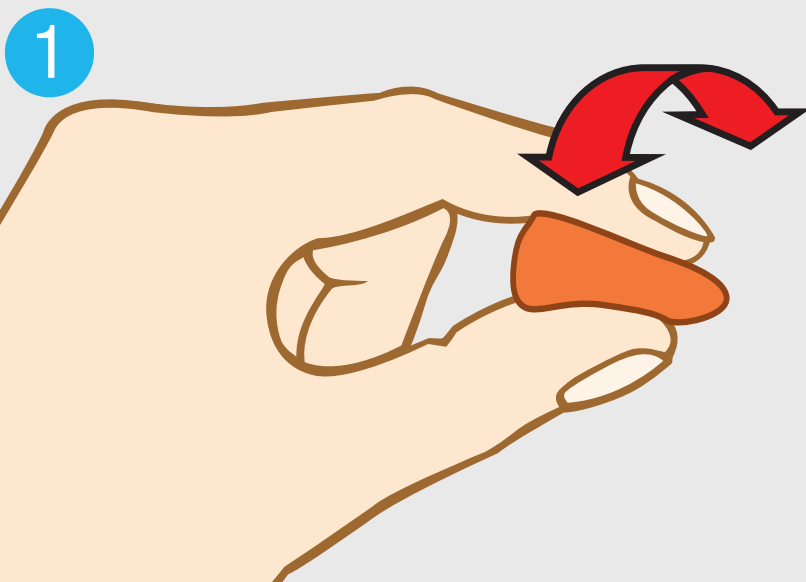
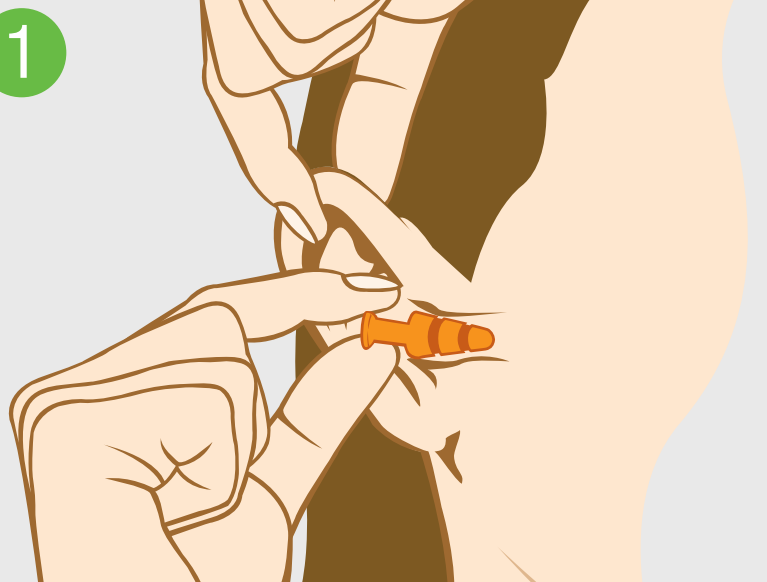
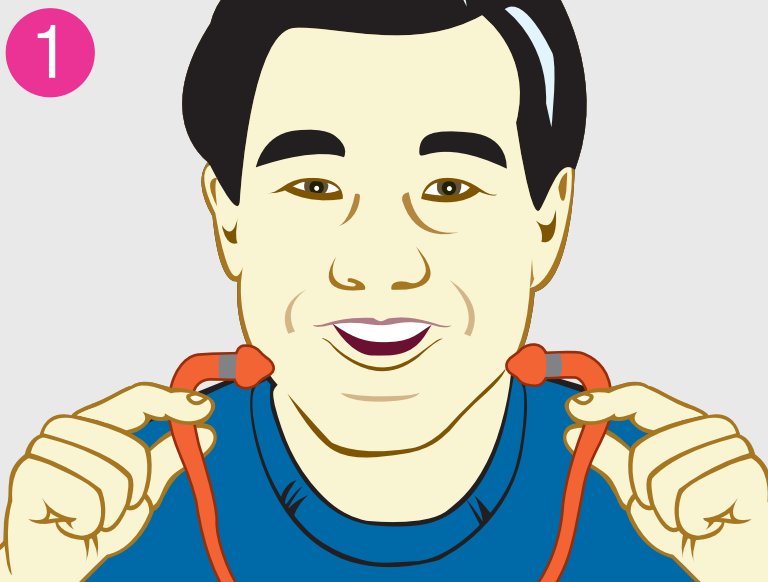
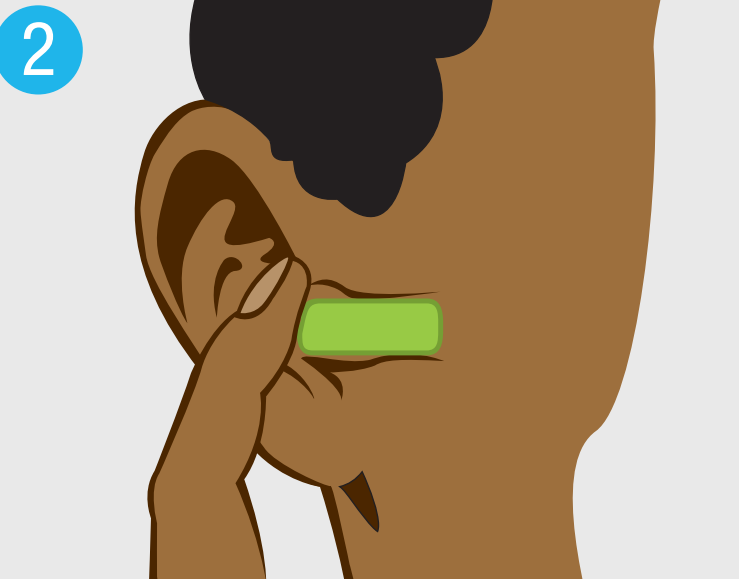

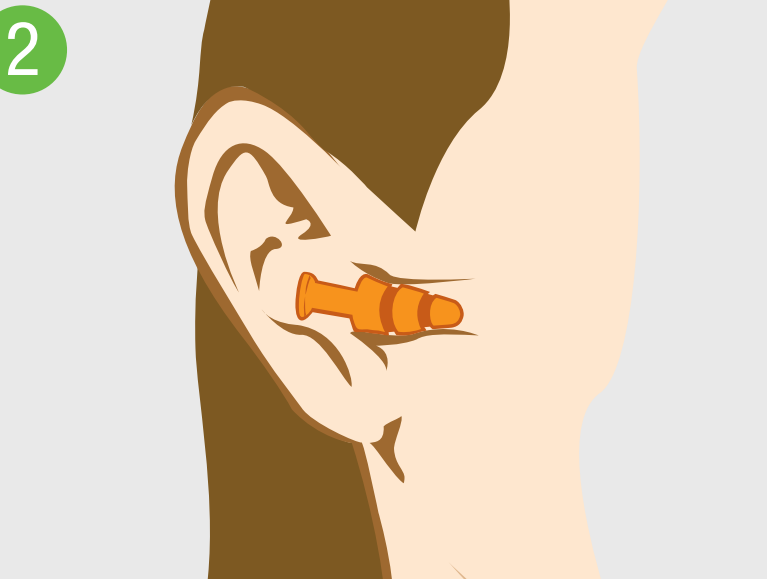

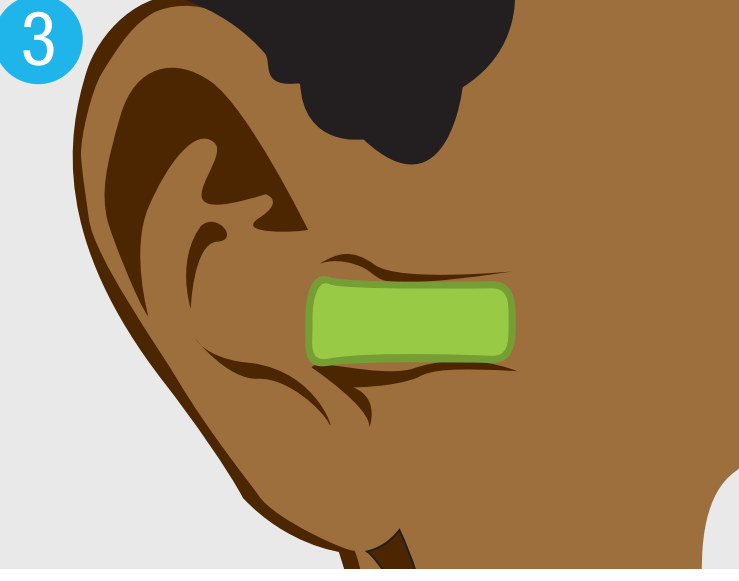
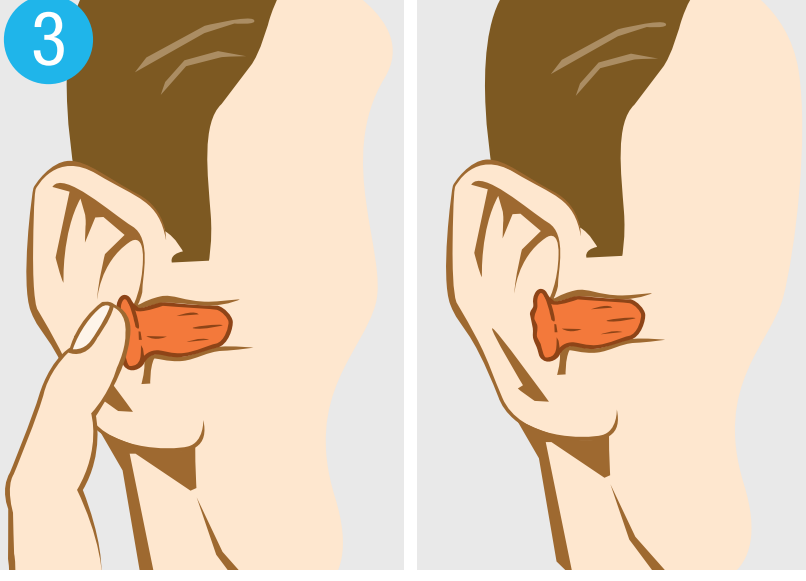

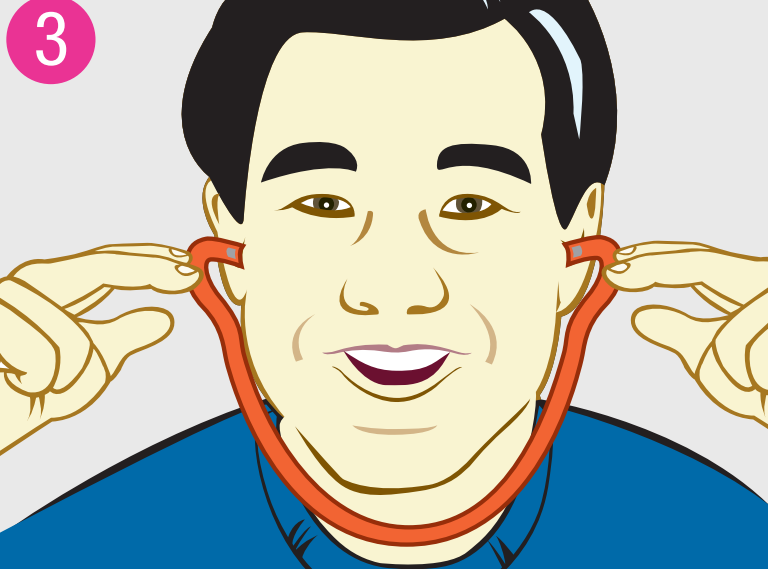
- Read and follow all earplug fitting instructions

### 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

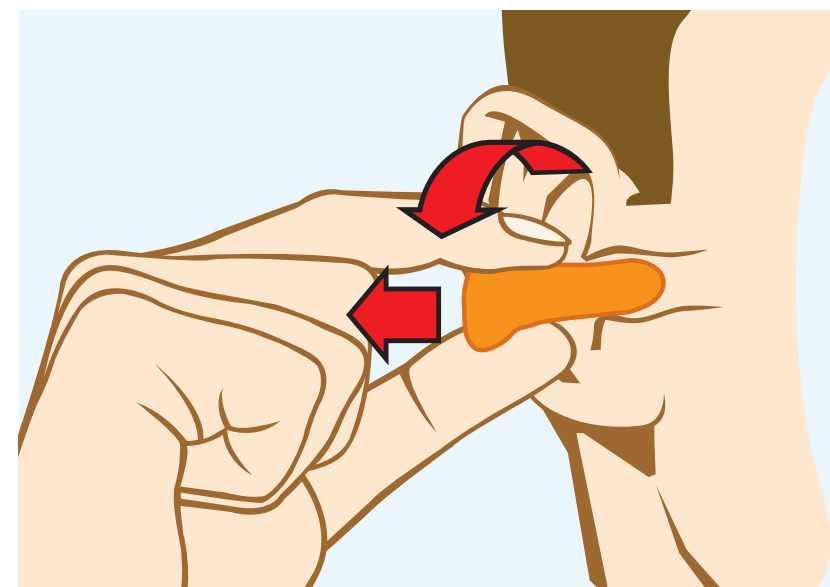
- Inspect earplugs prior to wear for dirt, damage or hardness – discard immediately if compromised
- For proper hygiene, discard Single-Use earplugs after use
- With proper maintenance, Multiple-Use earplugs can last for 2-4 weeks; clean with mild soap/water and store in a case when not in use
- Clean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

No-Roll Foam	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.