



# Earmuff Fitting Instructions

## Keys to Successful Hearing Protection with Earmuffs

### Wear

- Read and follow all earmuff fitting instructions
- Remove all hair underneath ear cushions

### Selection

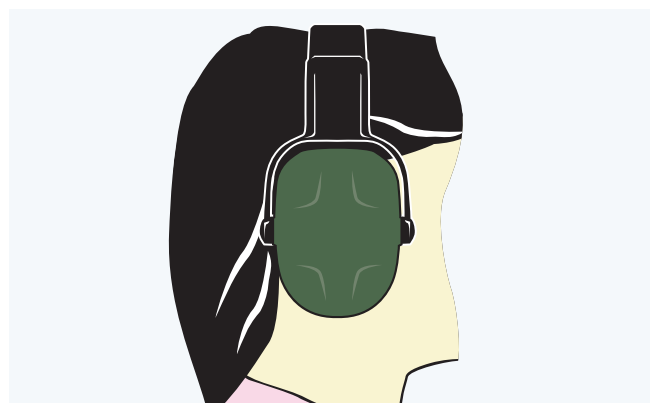
- Avoid overprotection in minimal noise environments – in selecting the best earmuff for your situation, consider noise levels and your need to communicate with co-workers or hear warning signals on the job

### Maintenance

- Regularly inspect earcups and ear cushions for cracks and leaks – discard if earcups are visibly damaged or compromised
- Clean earcups and ear cushions regularly with mild soap and water
- Replace ear cushions and foam inserts every 6-8 months under normal wear, every 3-4 months with heavy use or in humid/extreme climates

Headband	Folding	Multiple-Position	Cap-Mounted	Neckband
 <p>Thunder® T3</p> <p>1 </p> <p>Place earcups over each ear.</p> <p>2 </p> <p>Adjust the headband by sliding the headband up or down.</p>	 <p>Leightning® L2F</p> <p>1 </p> <p>2 </p> <p>Fold out the earcups as shown.</p>	 <p>Viking™ V3</p> <p>1 </p> <p>Place the earcups over each ear.</p> <p>2 </p> <p>Adjust the headband by sliding the headband up and down.</p>	 <p>Clarity® C3H</p> <p>1 </p> <p>Attach adapters to each side of the hard hat by sliding them into the slots.</p> <p>2 </p> <p>Attach each earmuff into its adapter by sliding the earmuff housing down into the adapter.</p>	 <p>Leightning® L1N</p> <p>1 </p> <p>2 </p> <p>Adjust the length of the headband strap between the earcups so the earmuff fits well on top of the head.</p>
	<p>2 </p> <p>Place earcups over each ear.</p> <p>3 </p> <p>Adjust the headband by sliding the headband up or down.</p>	<p>2 </p> <p>Multiple-Position earmuffs can be worn either over-the-head, behind-the-head or under-the-chin.</p> <p>3 </p> <p>When the earmuff is worn with the headband behind-the-head or under-the-chin, the headband strap must be attached to the slot in the upper part of the earcup as shown.</p>	<p>3 </p> <p>Place the hard hat on the head and adjust the earmuffs by sliding the cups up and down.</p> <p>4 </p> <p>Ensure that the earmuff is firmly attached by lifting the arm up and down.</p>	<p>2 </p> <p>Place earcups over each ear.</p> 

## Do's and Don'ts of Howard Leight® Earmuffs



**Firm Seal**  
Do seal the cushions firmly against the head.



**Avoid Obstructions**  
Do not allow hair to obstruct the ear or the earmuff's secure fit in any way.



**Cover Ear Completely**  
The earcups should never fit crooked or askew over the ear.