

# EARPLUG FITTING GUIDE

<p><b>SINGLE USE</b></p> <p>Disposable Foam</p> 	<p><b>1</b></p> 	<p><b>2</b></p> 	<p><b>3</b></p> 
<p>EPOU ProPlug Uncorded EPOC ProPlug Corded EPYU ProPlug Bell Uncorded EPYC ProPlug Bell Corded EPBDMC Metal Detectable Corded</p>	<p>Hold the earplug between thumb and forefinger. Roll the full length of the earplug into a narrow, wrinkle free cylinder.</p>	<p>Using the opposite hand, reach across your head and pull ear up and back to maximise ear opening. Gently work compressed plug well into ear canal, with end level with external ridges of ear.</p>	<p>Hold in for 50-60 seconds until the foam expands to fully seal the ear to maximize exclusion of noise. Repeat steps 1 &amp; 2 for other ear.</p>
<p><b>MULTI-USE</b></p> <p>Reusable Silicone</p> 	<p><b>1</b></p> 	<p><b>2</b></p> 	<p><b>3</b></p> 
<p>EPSU ProSil Uncorded EPSC ProSil Corded</p>	<p>Using the opposite hand, reach across your head and pull ear up and back to maximize ear opening.</p>	<p>Insert gently until all ripples are inside the ear canal.</p>	<p>The tip of the earplug should be visible when viewed from in front. Repeat steps 1 &amp; 2 for other ear.</p>
<p><b>MULTI-USE</b></p> <p>Headband with replaceable Pads</p> 	<p><b>1</b></p> 	<p><b>2</b></p> 	<p><b>3</b></p> 
<p>HBEF ProBand Headband HBEPA ProBand Fixed Headband</p>	<p>With headband beneath chin, place plugs into each ear canal.</p>	<p>For maximum efficiency, use opposite hand to pull ear back and up to open ear canal for insertion.</p>	<p>Push each pad into the ear until you notice a significant lowering of noise level.</p>

## CHECKING CORRECT FIT



When properly inserted, the end of the earplugs should be located at opening of your ear canal.

Test effectiveness in noisy location by cupping both hands over ears and release. You should NOT notice significant difference in noise level.

## Maintenance

Before handling any earplugs, ensure hands are clean. Always check your earplugs and discard if damaged, worn or dirty. Silicone plugs can be washed if necessary. Single-use ear plugs can cause health issues if used when dirty.

If kept clean and undamaged, silicone (reusable) ear plugs should last for up to three weeks. Clean with mild soap/water and store in a case away from extreme heat and direct sunlight when not in use. On banded earplugs, clean and replace pads regularly as required.

## Proper Fit

Follow all earplug fitting instructions for maximum efficiency and durability. If either or both earplugs don't seem to be fitted properly, remove and re-insert following the correct steps as indicated above.

## Correct Removal

Gently twist earplug while slowly pulling in an outward motion for removal.

## Choose Correct Protection

Consider your need to communicate AND the correct protection level when choosing your hearing protection, especially in minimal noise level environments. Don't over protect if you need to communicate to work safely.