

How-to

# Earplugs Fitting Instructions

Honeywell | Jul 19, 2017

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.

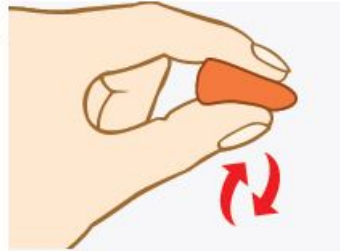
## **MAINTENANCE**

- Prior to fitting, inspect earplugs or ear tips for dirt, damage, or hardness. Discard & replace immediately if compromised.
- For proper hygiene discard disposable earplugs after use.
- With proper maintenance reusable earplugs should be replaced every 2-4 weeks.
- Push In Foam earplugs should be replaced every 5 days.
- Wash with mild soap/water, pat dry or air dry, and store in a case when not in use.
- Clean regularly and replace ear tip pods every 2-4 weeks on banded earplugs.

## Disposable

Roll-Down Foam

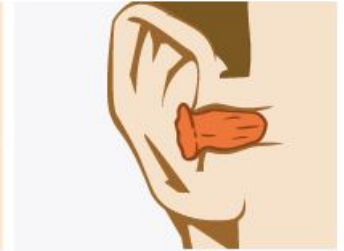
MAX®



With clean hands, roll the entire earplug into narrowest possible crease-free cylinder.



Reach over your head with a free hand, pull your ear up and back, and insert the earplug well inside your ear canal.



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.

## Reusable

Push-In Foam

Trust Fit™



While holding the stem, reach a hand over your head and gently pull the top of your ear up and back.



Insert earplug so foam tip is well inside the ear canal. Use a gentle rocking motion while pushing earplug into ear canal to ensure a deep fit.



If properly fitted, the tip of the earplug stem may be visible to someone looking at you from the front.

## Reusable

Pre-Molded Push-In

SmartFit®



While holding the stem, reach a hand over your head and gently pull top of your ear up and back.



Insert the earplug so all flanges are well inside your ear canal.



If properly fitted, the tip of the earplug stem may be visible to someone looking at you from the front.

## Banded

Tension Fit

QB2®HYG



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.



Protection levels are improved by pulling your ear up and back when fitting as shown.



In a noisy environment, lightly press the band inward with your fingertips as shown. You should not notice a significant difference in noise level.

DOs 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 does not result in a significant noise difference.