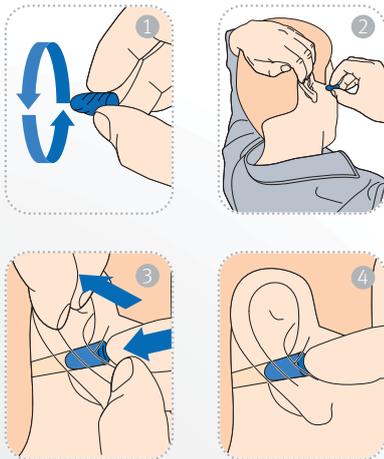


## Fitting instructions.

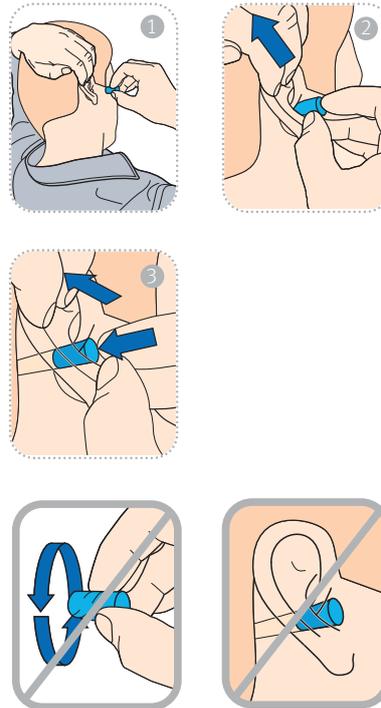
Correctly fitted earmuffs and earplugs are imperative to the protection of your hearing. The guidelines below show basic fitting instructions of the Howard Leight earplug and earmuff range, and should be followed to ensure a correct fit every time.

### EARPLUGS



- 1 Make sure your hands and the earplugs are clean before insertion.  
Roll the earplug between your fingers to condense the foam for easy insertion.
- 2 Gently pull your ear up and backwards with one hand.
- 3 Insert the earplug well into the ear canal. Hold the earplug in place until the foam has expanded to fit the ear canal.
- 4 Make sure the earplug is a comfortable fit, and inserted well into the ear canal. If the earplug protrudes beyond the opening of the ear canal, it is not correctly inserted, and must be fitted again.

### NO-ROLL EARPLUGS



- 1 No-roll earplugs come in different lengths. Choose the earplug you feel will fit your ear best.  
Make sure the earplugs are clean.
- 2 DO NOT roll the earplug between your fingers. Howard Leight® earplugs have been pre-shaped for easy insertion.
- 3 Gently pull your ear up and backwards with one hand.
- 4 Insert the earplug well into the ear canal. Hold the earplug in place until the plug rests comfortably in the ear canal.  
Make sure the earplug is a comfortable fit. If the plugs are loose, or protrude beyond the opening of the ear canal, they are not correctly inserted, and must be fitted again.

### EARMUFFS



- 1 Extend the headband to the furthest point.
- 2 Place the earmuffs on your head and make sure your outer ears fit inside the earmuffs.
- 3 Place your hands on the earmuffs and push up against the headband until a comfortable fit is achieved.
- 4 The headband should rest on the top of your head, and the whole outer ear should fit comfortably inside the earmuffs. If any part of your ear extends beyond the space inside the earmuff, you will not get a proper seal and there will be noise leakage.
- 5 Push earmuffs gently towards your head to expel excess air.
- 6 Make sure no obstructions such as long hair and jewellery interfere with the cushion seal against the side of your head.

### CAP-MOUNTED EARMUFFS



- 1 Position hardhat on your head so that it fits comfortably with the rim about 1-2 cm above the tops of your ears.
- 2 Push the earmuff arms towards the head until a positive 'click' is heard as the earmuffs are positioned firmly against the head.
- 3 If necessary, move the earmuffs up and down on their arms until your whole outer ear fits comfortably inside the earmuffs. If any part of your ear extends beyond the space inside the earmuff, you will not get a proper seal and there will be noise leakage.