

PROTECTOR TYPE

DESCRIPTION

HOW TO USE

CARE & CLEANING

Foam Plugs



Foam plugs, made from expandable slow-recovery foam, **provide the best combination of comfort and protection** for most users. They must be properly prepared for insertion. One size fits most. Once in the ear, foam plugs expand to provide a snug and secure custom fit. The two most common complaints about foam plugs ("not enough protection," and "they don't stay in") are almost always solved by greater practice and care in insertion.



Slowly roll and compress foam plugs into a very thin crease-free cylinder. While compressed, insert plug well into the ear canal. Fitting is easier if you reach around the head to pull the ear outward and upward during insertion.



Keep the plugs clean and free from material that can irritate the ear canal. They may be washed in mild liquid detergent and warm water. Squeeze excess water from the plugs and allow to fully air dry. Washing may be repeated several times. Discard plugs if they noticeably change their firmness or do not re-expand to their original size and shape.

Premolded Plugs



Premolded plugs are made from flexible materials that are preformed to fit the ear. They are generally available with a joining cord to prevent loss. Although the version pictured at the left is a one-sized product, many premolded plugs are sold in two or more sizes and must be **individually sized for each ear**. If after a period of regular wear you've been unable to get used to your earplugs, try another size, type, or brand of hearing protector.



Reach around the back of your head and pull outward and upward on the ear while inserting the plug until you **feel it sealing**. This may seem tight at first, especially if you've never worn earplugs. Carefully twist the plug to break the seal for a slow, safe removal.



Premolded plugs will normally last several months or more depending upon the type, and environmental factors. They should be replaced if they shrink or swell, harden or soften, tear, crack, or become permanently deformed. Wash them in warm soapy water and rinse well. When dry, store them in a carrying case.