

# Fitting Instructions

REGULAR size foam earplugs fit most ears well. LARGE size earplugs are also available for larger ear canals, and SMALL size earplugs are available for smaller ear canals. Hands and earplugs should be clean before fitting.



1) ROLL earplug slowly with thumb & fingers. Gradually increase pressure to COMPRESS earplug to very thin crease-free cylinder.



2) INSERT compressed earplug well into ear canal WHILE PULLING ear outward & upward with opposite hand.



3) CHECK FIT after earplug expands in ear: TOUCH earplug. You should feel only the end of earplug.



4) If you feel most of earplug outside the ear canal, remove earplug and repeat fitting.

LISTEN to steady loud noise with earplugs in both ears. Cover ears with tightly cupped hands. Noise should sound about the same whether or not ears are covered. If you cannot obtain a good fit, try a different size or type of hearing protector.

For more information visit  
[www.3M.ca/hearing](http://www.3M.ca/hearing).