

Hearing protection use and care

Roll down earplugs

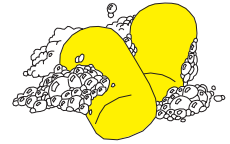


How to use

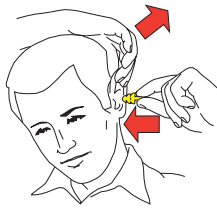
Slowly roll and compress foam earplugs into a very thin cylinder. While compressed, insert the earplug well into the ear canal. Fitting is easier if you reach around the head to pull the ear outward and upward during insertion.

Care and cleaning

Keep the earplugs 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 air dry. Washing may be repeated several times. Discard the earplugs if they noticeably change their firmness or do not re-expand to their original size and shape.



Reusable pre moulded earplugs

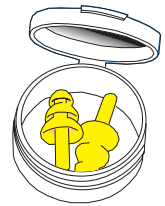


How to use

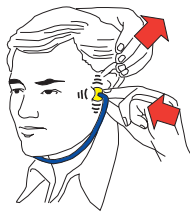
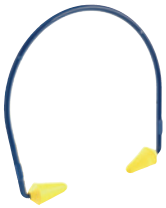
Reach around the back of your head and pull outward on the ear while inserting the plug until you feel it sealing. This may seem tight at first, especially if you have never worn earplugs.

Care and cleaning

Pre-moulded earplugs could last several months depending on the type and on your work environment, hygiene and body chemistry. They should be replaced if they shrink, harden, tear, crack or become permanently deformed. Wash them in warm soapy water and rinse well. When dry, store them in a carrying case.



Banded earplugs

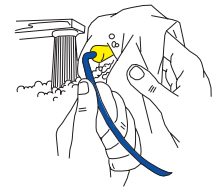


How to use

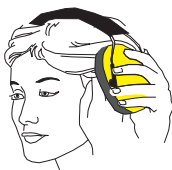
Hold the large ends of the pods and swivel them to direct the tips into the ear canal openings. Firmly push and wiggle the pods into the ear canal until a snug seal is obtained. Pulling on the outer ear while pushing the pods will be helpful to most wearers.

Care and cleaning

Most semi-aural hearing protectors can be cleaned in the same way as pre-moulded earplugs. Since the band holds the tips in place to provide an acoustic seal, do not tamper with it otherwise the protection afforded by the device may be reduced.



Earmuffs

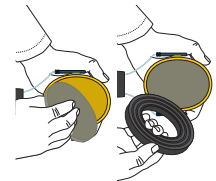


How to use

Earmuffs must fully enclose the ears to seal against the head. Adjust the headband so cushions exert even pressure around the ears to get the best noise reduction. Pull hair back and out from beneath the cushions. Do not wear caps, store pencils behind the ear or anything that may break the seal.

Care and cleaning

Cushions can be cleaned with warm soapy water and rinsed thoroughly. Do not use alcohol or solvents. Cushions normally need replacing at least twice a year or more – whenever they become stiff, cracked, or do not seal. Do not modify earmuffs in any way, and especially do not stretch or abuse the headband as this will reduce protection.



3M™ PELTOR™ Clean

Disposable hygiene protection for hearing protectors, headsets etc.

The disposable hygiene protection 3M™ PELTOR™ Clean is an easy way to improve hygiene and comfort. They are easy to fix to the sealing rings and lead to insignificant loss of attenuation. Effective and practical for use in dirty or hot environments to keep cushions hygienically clean. Also useful when several persons are using the same item, for example visitors hearing protectors.

