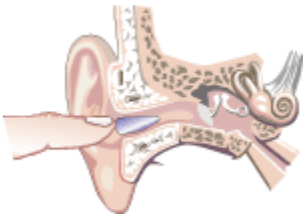
How To Wear Soft Foam Earplugs

To get the best protection from your soft foam earplugs, remember to **roll**, **pull**, and **hold** when putting them in. Use clean hands to keep from getting dirt and germs into your ears!

1. Roll the earplug up into a small, thin "snake" with your fingers. You can use one or both hands.

2. Pull the top of your ear up and back with your opposite hand to straighten out your ear canal. The rolled-up earplug should slide right in.



3. Hold the earplug in with your finger. Count to 20 or 30 out loud while waiting for the plug to expand and fill the ear canal. Your voice will sound muffled when the plug has made a good seal.

Check the fit when you're all done. Most of the foam body of the earplug should be within the ear canal. Try cupping your hands tightly over your ears. If sounds are much more muffled with your hands in place, the earplug may not be sealing properly. Take the earplug out and try again.