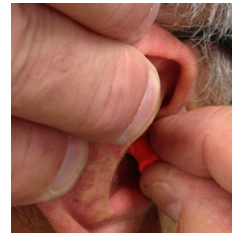
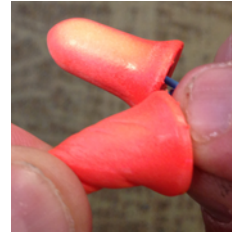


01.

Foam Plugs

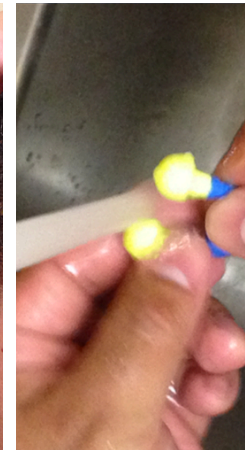
Slowly roll and compress foam plugs into a very thin crease-free cylinder. While compressed, insert plug well into the ear canal. Fitting is easier if you reach around the head to pull the ear outward and upward during insertion. If you feel most of the earplug outside of the ear canal, remove earplug and repeat fitting. Discard plugs if they noticeably change their firmness or do not re-expand to their original size and shape.



02.

Premolded Plugs

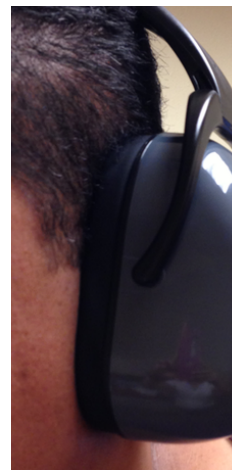
Reach around the back of your head and pull outward and upward on the ear while inserting the plug until you feel it sealing. This may seem tight at first, especially if you've never worn earplugs. Carefully twist the plug to break the seal for a slow, safe removal. It will last several months but replace if they shrink or swell, harden or soften, tear, crack, or become permanently damaged. Store in a carrying case.



03.

Earmuffs

Muffs must fully enclose the ears to seal against the head. Adjust the headband so that the cushions exert even pressure around the ears to get the best noise reduction. Pull hair back and out from beneath the muffs. Cushions can be cleaned with warm soapy water. **DO NOT USE ALCOHOL OR SOLVENTS.** Replace the cushions yearly, or whenever they become stiff, cracked, or no longer seal.



**Remember: Once hearing is damaged, it's irreversible.
Protect your ears NOW!**



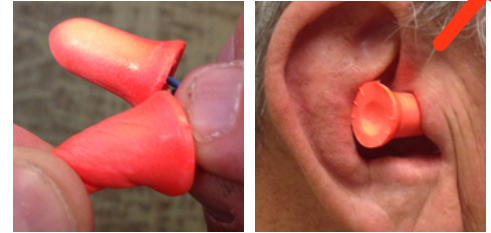
If you have any questions, let us know

Environmental Health and Safety Department (915)747-7124 eh&seutep.edu

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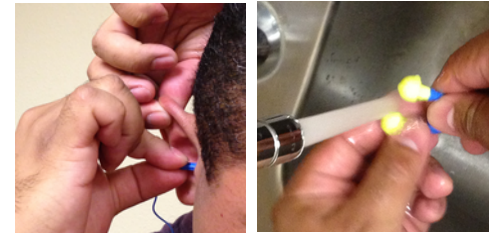
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