



# Roll Down Ear Plugs



1 Wash hands prior to fitting the ear plugs. Hold the earplug between the finger and thumb.



2 Roll down the plug between your finger and thumb into a thin, smooth cylinder.



3 Pull your outer ear-lobe backwards with your other hand. Insert the earplug slowly and fairly firmly into your ear.



4 Keep the earplug in place inside your ear with the tip of your finger until it begins to expand and blocks incoming sound.



5 Correct fit can be checked by alternately cupping your hand over your ear and then removing your hand. If the plug is sitting properly, you should not be able to notice any significant difference.



If the plug is not fitted or used correctly, its attenuation ability is reduced.

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