

## Fitting your Earplugs

Fitting earplugs into your ears takes a bit of getting used to, so spend some time familiarising yourself with them and get to understand the anatomy of your ear. Make sure that your hands are clean and be aware that sometimes when you insert the plug into your ear it may make you feel temporarily nauseas (gagging). This is a perfectly normal reaction and should cease as soon as the plug has been in position for a few seconds. Be aware that the orientation of your ear canals is backwards and upward; that is they point towards the top of the back of your head. The earplugs you must be fitted correctly for them to work effectively.

**For non-disposable silicon earplugs:** Place a small drop of earmould gel, hand cream or saliva on the plug and smother it over the earplugs – avoid placing on the back of the earplug or the filter (if fitted). To ease fitting reach over your head with your arm and gently pull up your ear – this will straighten the ear canal. Insert the earplug as deep as you can - the second bend in your ear will prevent the plug from going too far so you can't do any damage. Opening your mouth may also help. Earmould gel is available from our website: Pt# SC1651. Non-disposable earplugs should be washed regularly in hot soapy water. Note: If you are using attenuating earplugs for music or for DJ work we advise you to fit the earplugs about an hour before you start work. This will allow your hearing to adjust and compensate to the earplugs and the transition will not be so significant.

**For disposable foam earplugs:** Roll the earplug between your thumb and forefinger until it is shaped as a small cylinder then quickly insert them into your ear canal as they will start to expand as soon as you stop rolling them. For the best fit they need to be as small as possible. To ease fitting reach over your head with your arm and gently pull up your ear – this will straighten the ear canal. Insert the earplug as deep as you can and then push on it for 5 – 10 seconds to allow the foam to expand in your ear canal. The second bend in your ear will prevent the plug from going too far so you can't do any damage. Opening your mouth will also help. Disposable earplugs are meant for one-time use only and cannot be effectively cleaned.

**Testing:** Test the earplug fit by rubbing your thumb and forefinger close to your ear; you should not hear anything if using standard earplugs and a small amount of noise with attenuating or flight earplugs. If you can hear this noise clearly the earplugs are not fitted correctly.

**Removing Earplugs:** Always remove earplugs slowly with a twisting action to break the seal – removing them quickly could damage your ears. If you have difficulty removing an earplug try pulling down on your earlobe then open and close your mouth as wide as possible repeatedly. The earplug should then “walk” its way out. If an earplug does get stuck you will need to consult a medical professional – don't worry it does happen sometimes and it will not hurt.

**Cleaning Custom Earplugs:** It is essential to keep your earplugs clean and free of Cerumen (ear wax) as this will reduce their effectiveness (in attenuating models). Also a build up of sebum (skin oil) can make them slippery and less secure. Included with your earplugs a wax brush with a pick; use this very carefully to remove and dislodge earwax. The very best way to clean them is with warm soapy water, dry them and then blow on them to remove the excess water from the acoustic channels. Hygiene wipes are just as effective and are available from chemists, pharmacies or drug stores.

**Changing the Attenuating Filter:** If you have opted to have another set of filters (to make the attenuation more or less effective) you will need to fit them. In the pack with the new filters, you will also have received a filter insertion/removal tool which is a small plastic tube. Use this to carefully push out the filter from the opposite end to the ear canal; this will be the larger end of the earplug. When you have removed the old filter insert the new one from the large end and carefully push it down the earplug until it is midway between each end of the earplug. If you are unsure about carrying out this procedure please return it to us.

Note: Earmould gel is available from [www.sensorcom.com](http://www.sensorcom.com), part number: SC1651

