**Earmuff Fitting Instructions**

**Keys to Successful Hearing Protection with Earmuffs**

**Wear**
- Read and follow all earmuff fitting instructions
- Remove all hair underneath ear cushions
- Avoid overprotection in minimal noise environments – in selecting the best earmuff for your situation, consider noise levels and your need to communicate with co-workers or hear warning signals on the job

**Maintenance**
- Regularly inspect earcups and ear cushions for cracks and leaks – discard if earcups are visibly damaged or compromised
- Clean earcups and ear cushions regularly with mild soap and water
- Replace ear cushions and foam inserts every 6-8 months under normal wear, every 3-4 months with heavy use or in humid/extreme climates

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**Do’s and Don’ts of Howard Leight® Earmuffs**

**Wear**
- Firm Seal
  - Do seal the cushions firmly against the head.
  - Avoid Obstructions
  - Do not allow hair to obstruct the ear or the earmuff's secure fit in any way.
  - Cover Ear Completely
  - The earcups should never fit crooked or askew over the ear.

**Maintenance**
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**Headband**
- Place earcups over each ear.
- Adjust the headband by sliding the headband up or down.

**Folding**
- Place earcups over each ear.
- Fold out the earcups as shown.

**Multiple-Position**
- Place earcups over each ear.
- Adjust the headband by sliding the headband up and down.
- Multiple-Position earmuffs can be worn either over-the-head, behind-the-head or under-the-chin.

**Cap-Mounted**
- Place the hard hat on the head and adjust the earmuffs by sliding the cups up and down.
- Place the earcups over each ear.
- Ensure that the earmuff is firmly attached by lifting the arm up and down.

**Neckband**
- Place earcups over each ear.
- Adjust the length of the headband strap between the earcups so the earmuff fits well on top of the head.
- Adjust the neckband by sliding the headband up or down.

**DISCLAIMER:**
If the above-mentioned recommendations are not followed, the protection and function afforded by the earmuffs may be severely impaired. This may cause consequences for the user for which Sperian Hearing Protection, LLC, can not be held responsible. Sperian Hearing Protection can not guarantee that any type of warning signals including communication with other people in the surroundings can be heard and understood by the wearer of this hearing protector. The sound level and the frequency content of the warning signals as well as of the background noise can vary in different situations.

**WARNING:**
All hearing protection affords limited protection. The user is responsible for the proper selection, use, care and maintenance of this device. Improper selection (including under/over protection), use or maintenance may lead to serious hearing loss. If there are any questions concerning this product contact your safety supervisor or Sperian Hearing Protection.