

## 1 RINSE

Rinse your ear plugs using cool water for initial cleaning. **Close the volume control knob before rinsing to avoid getting water inside the ear plug.**

## 2 FITTING

Your ear plugs must be fitted properly for effective performance. The volume control knob should be open while inserting to avoid forming air pressure in your ear canal.

- 1) Reach over head, grab top of ear, and pull up to straighten ear canal.
- 2) Place smaller end of ear plug in ear canal. Push gently and wiggle vigorously until a snug fit is made.



## 3 ADJUSTING THE VOLUME

Turn the volume control knob to adjust to desired volume. **Do not turn with excessive force.**

- Turn counter-clockwise to open for maximum volume (MAX)
- Turn clockwise to close for minimum volume (MIN)



**For full hearing protection (NRR 27), fully close the volume control knob clockwise to minimum (MIN).**

### FITTING TIPS:

- Pulling down on your earlobe while fitting may help achieve a snug fit.
- Wiggling during insertion may reduce build-up of air pressure in the ear canal.
- Moisture can be used for fitting lubrication if desired.

## 4 TEST THE FITTING

Close the volume control knob to check that you have made a firm seal to the ear canal. If you have not made a firm seal, open the knob, remove, and refit following instructions. You must seal out air in order to seal out sound.

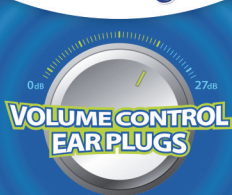
## 5 REMOVAL

Open the volume control knob, then remove with a slow twisting motion to break the seal.

## AIR TRAVEL

Insert ear plugs before takeoff and remove after landing. The volume control knob must be closed to relieve air pressure discomfort during flight. It is recommended that an adult fits and adjusts the ear plugs for a child.

# HearRight®



The level of noise entering a person's ear, when a hearing protector is worn as directed, is closely approximated by the difference between the A-weighted environmental noise level and the NRR.

- Example:
1. The environmental noise level as measured at the ear is 92 dBA.
  2. The NRR is 27 decibels (dB).
  3. The level of noise entering the ear is approximately equal to  $[92 \text{ dB(A)} - 27] 65 \text{ dB(A)}$ .

**CAUTION:** Carefully read, understand and follow directions for a proper fit before use. As with all hearing protection devices, improper fitting of this device will reduce its effectiveness in attenuating noise and could result in hearing loss or injury. For noise environments dominated by frequencies below 500 Hz the C-weighted environmental noise level should be used. Although hearing protectors can be recommended for protection against the harmful effects of impulsive noise, the Noise Reduction Rating (NRR) is based on the attenuation of continuous noise and may not be an accurate indicator of the protection attainable against impulsive noise such as gunfire. Inspect this device regularly and discontinue use if there appear to be any defects. Keep away from infants and small children. This product is non-toxic, but may interfere with breathing if caught in windpipe, which could result in serious injury or death.

### SOUND ATTENUATION DATA (ANSI S3. 19-1974) NRR 27

Frequency (Hz)	125	250	500	1000	2000	4000	8000
Mean Attenuation (dB)	33.1	28.6	34.8	32.7	38.5	45.3	45.0
Standard Deviation (dB)	3.9	3.1	3.5	3.6	3.6	5.0	4.9

### SOUND ATTENUATION DATA (EN352-2) SNR 33

Frequency (Hz)	125	250	500	1000	2000	4000	8000
Mean Attenuation (dB)	31.1	27.6	32.3	32.4	36.4	42.6	40.5
Standard Deviation (dB)	4.5	3.2	3.9	2.9	2.9	2.6	4.5
Mean - SD	26.7	24.4	28.4	29.4	33.6	40.0	36.0

SNR = 33 dB  
H = 34 dB  
M = 30 dB  
L = 27 dB

## CARE AND CLEANING

Our waterproof GelFoam™ can be washed and reused as much as you like. Clean with cool water and mild soap. Dry thoroughly before storing in your provided case.

- SILICONE FREE
- NOT MADE WITH NATURAL RUBBER LATEX
- HYPALLERGENIC

**LIFETIME WARRANTY**

Splintek, Inc. warranties our ear plugs against manufacturer defects under normal use for the lifetime of your purchase.



**Splintek®** designing health & comfort

QUESTIONS: 1-888-792-0865 Mon. - Fri. 8AM - 4:30 PM CST  
[www.sleepright.com](http://www.sleepright.com)

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