RINSE

Rinse your ear plugs using cool water for initial cleaning.

HELPFUL HINT: Moisture can be used for fitting lubrication if desired.

FITTING

Your ear plugs must be fitted properly for effective performance.

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.

HELPFUL HINTS:

- Pulling down on your earlobe while fitting may help achieve a snug fit.
- Wiggling during insertion may reduce a build-up of air pressure in the ear canal.

TEST THE FIT

In a noisy environment, and with ear plugs inserted, cup both hands over your ears and release. You should not notice a significant difference in the noise level. If the noise seems to lessen when your hands are cupped over your ears, your ear plugs are not fitted properly. Remove and refit following instructions.

REMOVAL

Remove your ear plugs with a slow twisting motion to break the seal.

CARE & 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.

HearRight®

WASHABLE EAR PLUGS

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 23 decibels (dB).
3. The level of noise entering the ear is approximately equal to [92 dB(A) - 23] 69 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. Do not use for scuba diving or at depths over 10 feet. 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 23

Frequency (Hz)	125	250	500	1000	2000	4000	8000
Mean Attenuation (dB)	27.5	24.3	28.2	27.5	36.6	44.9	44.7
Standard Deviation (dB)	3.7	3.5	4.2	2.9	3.3	3.6	3.7

LIFETIME WARRANTY

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

- **SILICONE FREE**
- **NOT MADE WITH NATURAL RUBBER LATEX**
- **HYPOALLERGENIC**

Splintek® *designing health & comfort*

QUESTIONS: **1-888-792-0865** Mon. - Fri. 8AM - 5PM CST
www.sleepright.com

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U.S. Patent Pending

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CE

MADE IN U.S.A.

BPA free