FITTING INSTRUCTIONS

1. Hold the stem of the earplug firmly behind the largest flange. (See Figure 1)

2. Reach over your head with the opposite hand and pull the top of your ear to open the ear canal. While you are still holding the ear open, push the smallest flange of the plug into your ear canal, twisting the plug slightly as you push. (See Figure 2)

3. For best noise reduction, insert plugs as deeply as possible. (See Figure 3)

4. Here is the reusable earplug properly positioned in the ear canal. (See Figure 4)

ATTENUATION DATA

<table>
<thead>
<tr>
<th>FREQUENCY (Hz)</th>
<th>125</th>
<th>250</th>
<th>500</th>
<th>1,000</th>
<th>2,000</th>
<th>3,150</th>
<th>4,000</th>
<th>6,300</th>
<th>8,000</th>
<th>NRR</th>
</tr>
</thead>
<tbody>
<tr>
<td>MEAN ATTENUATION (dB)</td>
<td>35.8</td>
<td>33.7</td>
<td>31.7</td>
<td>35.8</td>
<td>33.7</td>
<td>41.0</td>
<td>44.0</td>
<td>47.2</td>
<td>45.2</td>
<td>26 dB</td>
</tr>
<tr>
<td>STANDARD DEVIATION (dB)</td>
<td>5.4</td>
<td>4.6</td>
<td>3.2</td>
<td>4.0</td>
<td>3.5</td>
<td>5.1</td>
<td>5.3</td>
<td>4.6</td>
<td>4.3</td>
<td></td>
</tr>
</tbody>
</table>

Tested according to ANSI Specs S3.19-1974 by Michael and Assoc., State College, PA.

RECOMMENDATIONS

It is recommended that the wearer ensure that:

- The earplugs are fitted, adjusted and maintained in accordance with the instructions.
- The earplugs are worn at all times in noisy surroundings.
- Before use, earplugs are stored in a cool, dry place.
- After use, earplugs should be cleaned and stored, away from children.

- Keep earplugs away from small children.
- This product may be adversely affected by certain chemical substances. If necessary, further information should be sought from Uline.
- Corded earplugs should not be used where there is a risk that the connecting cord could be caught up during use.

WARNING! If recommendations are not adhered to, the protection afforded by the earplug will be severely impaired.