



## FITTING INSTRUCTIONS FOR DIY MOULDED EAR PLUGS MEP0001



Clean your hands, ears and ear canals using mild soap and water. Dry thoroughly.

You must use a mirror or willing assistant.

Divide each canister of silicone into three equal portions. Store these portions in their original canister.

Keep the coloured and white portions separated until ready to begin as mixing will start the curing process.

Knead one of the coloured and white portions together until material is one uniform colour and streak free.

This process should take approximately 30 seconds.

Roll this silicone mixture into a round uniform ball.



The following steps should take no longer than a few minutes to complete.

Push and fold silicone ball into ear using firm but gentle pressure.

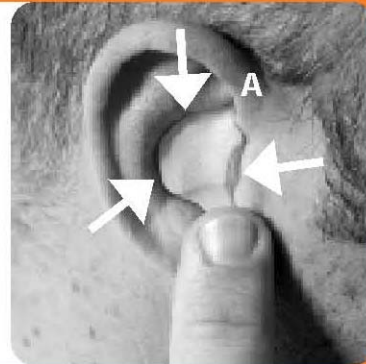
This process should create a comfortable and noticeable seal.



The silicone should fill and seal outer ear completely.

It is important that some of the silicone is inserted inside upper ear fold as shown at point (A). This provides a secure anchor to hold earplug in place during use

Your earplug must be of good fit, smooth on outer surface and closely conform to the contour of the ear as indicated.



A correctly formed earplug should look like image shown on left. Do not remove or disturb earplug for a minimum of 15 minutes, allow longer if required. Ensure earplug has hardened and fully cured.

Once cured, gently and slowly remove by pulling from top of formed earplug. Guidance images for how your finished earplug should look can be found at Look Inside section.

Repeat process for your final earplugs. When finished, wash hands with soap and water.



**Failure to follow and understand instructions or safety information supplied could reduce the effectiveness of your earplugs resulting in hearing loss or injury.**

You have been supplied with silicone to create 3 earplugs. We have included extra silicone to allow for one trial earplug which will allow you to experience using the silicone material, method and procedure. You should compare your trial earplug with the earplug images shown on back of inlay card at **Look Inside** section.

The final two portions should only be used to create your finished pair of earplugs once you have fully understood the fitting process required and made your practice earplug.

**CAUTION! You must use a mirror or willing assistant to create and achieve a well fitting earplug.**

**Finished Earplug Re-Fitting Instructions**

**WARNING!** When fitting, ensure earplugs are firmly seated, snug and close fitting to outer ear. Failure to refit correctly could result in injury, temporary or permanent hearing loss.

If required earplugs should be marked L and R using a permanent marker type pen to aid identification.

When fitting your earplugs, ensure hands and earplugs are clean. Do not use damaged or torn earplugs.

Gently push earplug into ear canal back to its original moulded position.

You may need to use a gentle 90° turning motion.

Grip outer ear gently with thumb and forefinger. Pull outer ear up and outwards and wiggle.

Push earplug with other forefinger gently back in to place. This movement of the outer ear can help excess air to escape from ear canal allowing for a better insertion. You may find fit improves after earplugs have had time to warm to body temperature.

Once both earplugs are inserted, check the fit by talking out loud. Your voice should sound hollow, as if you are talking inside a barrel. The noises around you should not sound as loud as they did before you inserted earplugs. If proper fit is not achieved, move to a quiet location and repeat fitting instructions. Re-check the fit often as plugs may loosen when you talk or chew. Improper fit will reduce effectiveness and could result in hearing loss or injury. Earplugs must be worn at all times in noise hazard areas or when performing activities which pose a noise hazard.

**Care, Cleaning & Disinfection Instructions**

Examine your earplugs before inserting. Ensure earplugs are clean and dry before inserting.

Clean as often as required using mild soapy water, rinse well and thoroughly dry before use.

Do not use if earplug becomes torn, damaged or no longer fits correctly.

Please store in a safe, clean environment when not in use.



**EARPLUG SAFETY INFORMATION & DISCLAIMER**

Use only as directed. Read, understand and follow all instructions. Avoid eye contact with silicone. Do not eat silicone. Do not use with latex gloves. Do not force, elongate or separate material when fitting. Material must cure fully before removal. Choking hazard, keep out of reach of children. Unless you have spoken to your doctor, do not use this product or wear earplugs if there is any drainage from your ear, ear damage, hole in your eardrum or allergy to silicone materials. If you develop any irritation, discomfort or pain immediately discontinue use. Rapid insertion or removal of the earplugs can be painful and potentially damaging to the eardrum.

Due to the DIY nature of this product, when making and using your earplugs you are agreeing and accepting to use this product entirely at your own risk. If instructions or recommendations are not followed, the protection and function afforded by the earplugs may be severely impaired. This may have consequences for the user for which we can not be held responsible or liable.

This earplug can not guarantee that any type of warning signals, communication with other people or surroundings can be heard and understood by the wearer. The sound level and the frequency of warning signals in the environment can vary in different situations.

All hearing protection affords limited protection. The user is responsible for the proper selection, use, care and maintenance of this product. Improper selection (including under/over protection), use or maintenance may lead to injury, temporary or permanent hearing loss.

The SNR figure for these earplugs is based on the attenuation of continuous noise and may not be an accurate indicator of the protection attainable from impulsive noise such as gunfire. Constant and repetitive exposure to impulse noise may lead to injury, temporary or permanent hearing loss.

**Material Safety Information**

**Silicone Putty Side A (White) & Side B (Coloured)  
2 Part RTV Silicone, Non-Toxic, Non-Hazardous**

This product may be adversely affected by certain chemical substances. Further information should be sought from the manufacturer. Prevent eye contact with unmixed material. Eye contact with unmixed/uncured material can cause a transitory irritation, but is not injurious. If contact with eye occurs, flush with clean water and seek medical attention if irritation persists.

Attenuation data								
Freq (Hz)	63	125	250	500	1000	2000	4000	8000
Mf (dB)	21.5	19.3	17.2	16.0	19.7	31.6	35.6	28.8
Sf (dB)	5.1	5.6	3.5	3.2	3.1	4.1	3.5	5.7
A,PV (dB)	16.4	13.7	13.7	12.8	16.6	27.5	32.1	23.1

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