**Keys to Successful Hearing Protection with Earmuffs**

**Selection**
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.

**Wear**
Read and follow all earmuff fitting instructions. Remove all hair underneath ear cushions.

**Hygiene**
Clean earcups and ear cushions regularly with mild soap and water.

**Maintenance**
Regularly inspect earcups and ear cushions for cracks and leaks – discard if earcups are visibly damaged or compromised.

**Replacement**
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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**Earmuff Fitting Instructions**

**Get the most out of your earmuffs**

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

**Neckband**
- Leightning® L1N
  - 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.

**Folding**
- Leightning® L2F
  - Fold out the earcups as shown.
  - Adjust the headband by sliding the headband up or down.

**Multiple Position**
- Viking® V2
  - Place earcups over each ear.
  - Multiple-Position earmuffs can be worn either over-the-head, behind-the-head or under-the-chin.

**Cap-Mounted**
- Clarity® C3H
  - Attach adapters to each side of the hard hat by sliding them into the slots.
  - Attach each earmuff into its adapter by sliding the earmuff housing down into the adapter.

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**Cover Ear Completely**
The earcups should never fit crooked or askew over the ear.

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**Firm Seal**
Do seal the cushions firmly against the head.

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**Avoid**
Obstructions
Do not allow hair to obstruct the ear or the earmuff's secure fit in any way.

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**Attach**
Each earmuff into its adapter by sliding the earmuff housing down into the adapter.