

# 3M UltraFit™ Reusable Earplugs

## Fitting Instructions

Make sure the earplugs are clean before fitting.

1. Hold the blue HANDLE with one hand
2. With the other hand reach OVER your head and grab the top of your ear.
3. PULL the top of your ear up and out.
4. SLIDE the small yellow rounded tip of the earplug into the hole in your ear called the ear canal (look at the picture).
5. PUSH and wiggle the earplug into your ear canal until it feels snug.
6. CHECK by making sure the plug stays in place when you move around. Plug should not come out of the ear easily. If it does, take out the earplug and try again (Repeat steps 1-3).

**CAUTION:** To remove, slowly twist when taking earplug out of your ear.

