

# Thank you for your choice of **AEROSTICH** Multi-Size Reusable Ear Plugs

*Three sizes allow for a perfect custom fit: Small, Medium and Large.*

Fitting well in the ear and blocking all frequencies these make an ideal choice for helmet wear.

Not recommended for children under 4 years of age.

## Instructions for Use:

With clean hands, reach across your head with your left hand and pull your right ear gently back toward the back of your head to straighten the ear canal. With your right hand, insert the plug deeply into the ear canal with a slight twisting motion. Plugs should fit snugly, completely sealing the ear canal, but they should not cause pain. If the plugs are painful, choose a smaller size. If the plug is loose in the ear, choose a larger size. Repeat for the other ear, using opposite hands to pull the ear back and to insert the plug.



Remove plugs by twisting slightly as you pull gently on the plugs. This will help break the seal as the plugs are pulled out of the ear. After every use, clean plugs with mild soap and water or with an earwax removal liquid, followed by soap and water. Allow plugs to dry, and store in the container provided. Discard if plugs become damaged.

Always consult with your physician before using plugs, when you suspect you may have an ear infection or other ear problems.

These are the highest rated reusable earplug available (32 NRR). Aerostich Multi-Size Reusable Ear Plugs should reduce the volume you hear by about half (under normal circumstances), and they will provide additional protection from noises over 85Db, provided they are properly fitted. If you experience sounds you perceive as too loud with any of these plugs, remove yourself from further exposure to loud noise, or use other protective equipment.

**Questions? Call us at 800-222-1994 or Email: [products@aerostich.com](mailto:products@aerostich.com)**