

Fitting Formable Plugs

Size Matters

To fit properly, a formable plug should be inserted so that most of the plug fits into the ear canal. While many formable plugs are “one size fits most,” different sizes are available. If you can’t get at least half of the plug into the ear canal, or if the plug can’t expand enough to stay firmly seated, you need a different size.

1. **ROLL** the formable plug between your thumb and forefinger(s) to compress it into a small, smooth, round cylinder.



2. **REACH** over top of your head and pull up or back on the top of your ear. This straightens out your ear canal so the plugs can go in far enough.



3. **INSERT** tightly rolled plug into straightened ear canal.
4. **HOLD** the ear plug in place for a few seconds after inserting to give it time to expand and seat itself in the ear canal.

Remember, the plug must be rolled down tightly before you try to insert it into your ear canal. You shouldn't try to push a formable plug into your ear if you have not rolled it tight enough.



Correct



Incorrect

This plug needed to be rolled down more tightly.



Good fit



Poor fit

When you remove the plug, check to make sure there is a slight bend. (See the drawings above.) The bend means the earplug was inserted deeply enough to reach the bend in the ear canal. There should be no creases in the earplug.

Although considered disposable, formable plugs can be washed and used repeatedly.

Credits: The graphics used to illustrate fitting ear plugs were provided, courtesy of Elliott Berger, Senior Scientist, Auditory Research E-A-R/Aearo Company