

Fitting Premolded Plugs



Correct
This plug completely seals the ear canal opening.



Incorrect
This plug is too large or has not been fully inserted, leaving gaps where noise can leak through.

Premolded plugs may come in different sizes or as “one size fits most.” Try out different sizes to find the ear plug that fits you best.

1. **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.



2. **INSERT** premolded plug into straightened ear canal.

With a **preformed** plug, you can perform the “tug test.” To do this, gently pull in and out on the stem of the earplug. As you do so, you should feel pressure changes in your ear canal to confirm you have a good fit. Do not pull hard enough to break the seal.

Premolded plugs are **reusable**. Most can be easily washed using mild soap. Make sure they are completely dry before storing them in their case or using them in your ear. Using wet plugs can irritate ear canals.