



Earmuff Fitting Instructions

Keys to Successful Hearing Protection with Earmuffs

WEAR

- Read and follow all earmuff fitting instructions
- Remove all hair underneath ear cushions
- 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

MAINTENANCE

- Regularly inspect earcups and ear cushions for cracks and leaks – discard if earcups are visibly damaged or compromised
- Clean earcups and ear cushions regularly with mild soap and water
- 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

Headband	Folding	Multiple-Position	Cap-Mounted	Neckband
 <p>Thunder® T3</p>	 <p>Leightning® L2F</p>	 <p>Viking® V2</p>	 <p>Clarity® C3H</p>	 <p>Leightning® L1N</p>
<p>1</p>  <p>Place earcups over each ear.</p>	<p>1</p> 	<p>1</p>  <p>Place the earcups over each ear.</p>	<p>1</p>  <p>Attach adaptors to each side of the hard hat by sliding them into the slots.</p>	<p>1</p> 
<p>2</p>  <p>Adjust the headband by sliding the headband up or down.</p>	 <p>Fold out the earcups as shown.</p>	<p>2</p>  <p>Adjust the headband by sliding the headband up and down.</p>	<p>2</p>  <p>Attach each earmuff into its adaptor by sliding the earmuff housing down into the adaptor.</p>	 <p>Adjust the length of the headband strap between the earcups so the earmuff fits well on top of the head.</p>
 <p>Place earcups over each ear.</p>	<p>2</p> 	 <p>Multiple-Position earmuffs can be worn either over-the-head, behind-the-head or under-the-chin.</p>	<p>3</p>  <p>Place the hard hat on the head and adjust the earmuffs by sliding the cups up and down.</p>	<p>2</p>  <p>Place earcups over each ear.</p>
<p>3</p>  <p>Adjust the headband by sliding the headband up or down.</p>	<p>3</p>  <p>When the earmuff is worn with the headband behind-the-head or under-the-chin, the headband strap must be attached to the slot in the upper part of the earcup as shown.</p>	<p>4</p>  <p>Ensure that the earmuff is firmly attached by lifting the arm up and down.</p>		

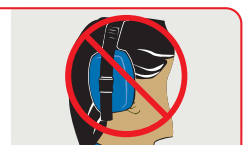
Do's and Don'ts of Wearing Bilsom® Earmuffs



Firm Seal
Do seal the cushions firmly against the head.



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



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