

EARPLUG FIX-A-FIT

A guide for earplug selection, size and fit.

HOWARD
LEIGHT 
by Honeywell

PROPER
EARPLUG
INSERTION

SELECT
THE RIGHT
EARPLUG

EARPLUG
SIZE GUIDE

ELIMINATING
DISCOMFORT

FIXING
HIDDEN
LEAKS

ADDRESSING
UNDER-
PROTECTION

TOO MUCH
EARPLUG
SHOWING

Let's protect the pleasure of hearing. Forever.

For over 30 years we've pursued the prevention of occupational hearing loss through innovations in hearing protection and the promotion of progressive hearing conservation programs.



Build a Culture of Safety.
Honeywell can help.



Helpful Hearing
How-to Videos

Honeywell

EARPLUG FIX-A-FIT

A guide for earplug selection, size and fit.

HOWARD
LEIGHT 
by Honeywell

PROPER
EARPLUG
INSERTION

SELECT
THE RIGHT
EARPLUG

EARPLUG
SIZE GUIDE

ELIMINATING
DISCOMFORT

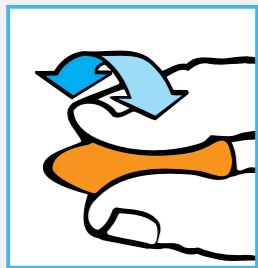
FIXING
HIDDEN
LEAKS

ADDRESSING
UNDER-
PROTECTION

TOO MUCH
EARPLUG
SHOWING

HOW TO PROPERLY INSERT EARPLUGS

STEP 1: ROLL



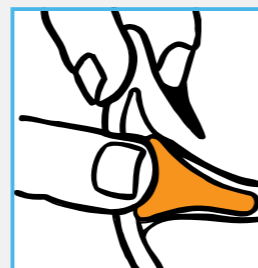
For roll-down foam earplugs, start rolling the foam gently to avoid creases.

Then roll firmly to

make the cylinder as small and stiff as possible.

Move quickly to next step so that the earplug doesn't expand before insertion.

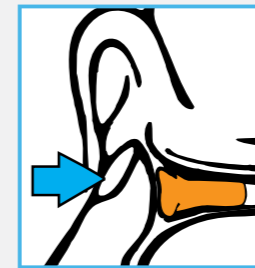
STEP 2: PULL



Reach over the head to pull OUT (or for some people, pull UP or BACK) on the outer ear.

Have someone observe and give you feedback about which pull-direction is most effective in opening the ear canal for a better fit.

STEP 3: INSERT



Insert the earplug far enough so that it goes around the bend in the ear canal. This often feels sensitive (not

painful), or may trigger a cough reflex. This is normal.

Let go of the ear after the earplug is fully inserted.



YouTube View helpful how-to-fit videos.



Build a Culture of Safety.
Honeywell can help.



Helpful Hearing
How-to Videos

Honeywell

EARPLUG FIX-A-FIT

A guide for earplug selection, size and fit.



PROPER
EARPLUG
INSERTION

SELECT
THE RIGHT
EARPLUG

EARPLUG
SIZE GUIDE

ELIMINATING
DISCOMFORT

FIXING
HIDDEN
LEAKS

ADDRESSING
UNDER-
PROTECTION

TOO MUCH
EARPLUG
SHOWING

CONSIDERATIONS FOR SELECTING THE PROPER EARPLUG

Fit-testing allows a worker to try a variety of hearing protectors that may be suitable. **Often, the worker's first choice of earplugs is not the best.**

Here are some selection tips that have proven useful in one-on-one training.

1: SIZE

Look at the ear canal opening to determine if a different size would be helpful.

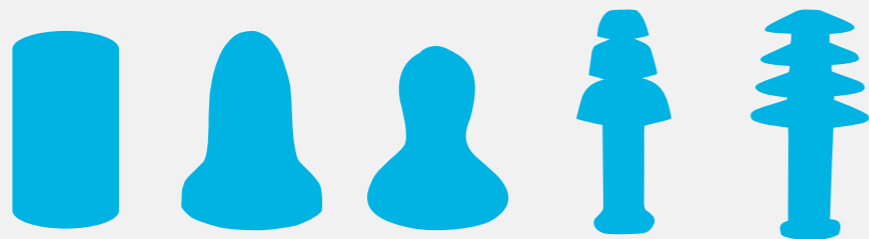
Women often have smaller ear canals than men.

2: SHAPE

Ear canal openings may appear as round, oval or a slit.

A foam earplug often fills an oval or slit in the ear canal.

GENERAL EARPLUG SHAPES



3: EASE OF INSERTION

An earplug with a stem may be easier for some workers to insert.



Build a Culture of Safety.
Honeywell can help.



Helpful Hearing
How-to Videos

Honeywell

EARPLUG FIX-A-FIT

A guide for earplug selection, size and fit.



PROPER
EARPLUG
INSERTION

SELECT
THE RIGHT
EARPLUG

EARPLUG
SIZE GUIDE

ELIMINATING
DISCOMFORT

FIXING
HIDDEN
LEAKS

ADDRESSING
UNDER-
PROTECTION

TOO MUCH
EARPLUG
SHOWING

Larger Foam



Larger Reusable



Smaller Foam



Smaller Reusable



Build a Culture of Safety.
Honeywell can help.

Helpful Hearing
How-to Videos

Honeywell

EARPLUG FIX-A-FIT

A guide for earplug selection, size and fit.



PROPER
EARPLUG
INSERTION

SELECT
THE RIGHT
EARPLUG

EARPLUG
SIZE GUIDE

ELIMINATING
DISCOMFORT

FIXING
HIDDEN
LEAKS

ADDRESSING
UNDER-
PROTECTION

TOO MUCH
EARPLUG
SHOWING

DISCOMFORT:

An uncomfortable earplug potentially reduces wear time, and is often a sign of an improper fit or incorrect sizing. Take the time to find the proper earplug style and fit that are best for you and will provide adequate protection the entire work shift.



CAUSE

SOLUTION

Foam Earplugs

Earplug is too firm



Try a soft-foam earplug, or a low-pressure foam earplug.

All Earplugs

Earplug is too large



Try a smaller earplug.

Earplug is too firm to comfortably bend in the ear canal



Try a foam earplug that can conform more to the bends of the ear canal.

Earplug is hitting the bend in the ear canal



Before inserting, straighten the ear canal by reaching over the head to pull OUT (or for some people, pull UP or BACK) on the pinna.

Research has shown that a considerable proportion of employees already achieve effective attenuation with their existing earplugs with proper fit, and that other employees can improve results with training and the ability to choose from a variety of earplugs.



Build a Culture of Safety.
Honeywell can help.



Helpful Hearing
How-to Videos

Honeywell

EARPLUG FIX-A-FIT

A guide for earplug selection, size and fit.



PROPER
EARPLUG
INSERTION

SELECT
THE RIGHT
EARPLUG

EARPLUG
SIZE GUIDE

ELIMINATING
DISCOMFORT

FIXING
HIDDEN
LEAKS

ADDRESSING
UNDER-
PROTECTION

TOO MUCH
EARPLUG
SHOWING

HIDDEN LEAK:

A hidden leak can significantly reduce protection levels. The earplug may appear to be inserted correctly, but improper sizing and selection or even a crease in the earplug may cause an acoustic leak that is not readily visible.



CAUSE

SOLUTION

Foam Earplugs

Creases in earplug may be allowing noise to leak through



Do not twist or squeeze down the earplug. Properly roll it – gently at first to avoid creases, then roll firmly to make the cylinder as small as possible.

Earplug hits wall of ear canal and bends back on itself



Removal sometimes shows a U-shaped earplug. Reach over the head to pull OUT on the pinna to straighten the ear canal.



Try a reusable earplug with a firmer stem to maneuver around the bend of the ear canal.

All Earplugs

Earplug is too small



Try a larger earplug.

Round earplug may not fill oval ear canal



Flanges of a pre-molded earplug may not completely fill an oval-shaped ear canal. Try a foam plug that can expand to fill the oval.



H Build a Culture of Safety. Honeywell can help.

▶ Helpful Hearing How-to Videos



EARPLUG FIX-A-FIT

A guide for earplug selection, size and fit.



PROPER
EARPLUG
INSERTION

SELECT
THE RIGHT
EARPLUG

EARPLUG
SIZE GUIDE

ELIMINATING
DISCOMFORT

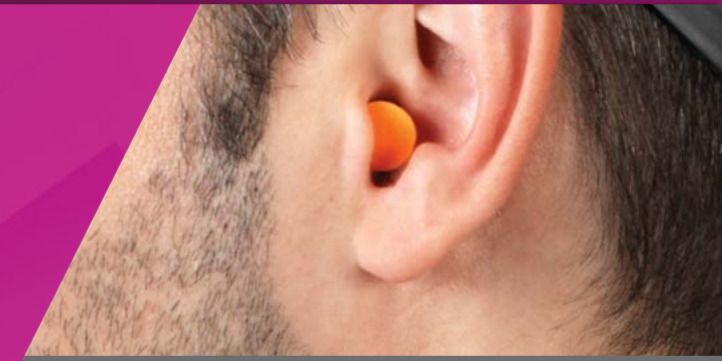
FIXING
HIDDEN
LEAKS

ADDRESSING
UNDER-
PROTECTION

TOO MUCH
EARPLUG
SHOWING

UNDERPROTECTION:

Having an earplug in the ear is no guarantee of adequate protection. Fit-testing often reveals poor protection levels that can be corrected with simple steps.



CAUSE

SOLUTION

Foam Earplugs

Not rolled down small enough

- • • • •
- • • • •

Start rolling gently to avoid creases, then roll firmly to make the cylinder as small as possible.

Roll down the entire earplug, even the flanged end. This will allow a deeper insertion.

All Earplugs

Angle of insertion is incorrect

- • • • •

Observe the worker's ear: which direction opens the ear canal the most? Give feedback to the worker regarding which pull-direction is most effective.

Round earplug may not fill oval ear canal

- • • • •

Flanges of a pre-molded earplug may not completely fill an oval ear canal. Try a foam earplug that can expand to fill the oval.

Earplug is too small, does not seal ear canal

- • • • •

Try a larger earplug.



Build a Culture of Safety.
Honeywell can help.



Helpful Hearing
How-to Videos

Honeywell

EARPLUG FIX-A-FIT

A guide for earplug selection, size and fit.



PROPER
EARPLUG
INSERTION

SELECT
THE RIGHT
EARPLUG

EARPLUG
SIZE GUIDE

ELIMINATING
DISCOMFORT

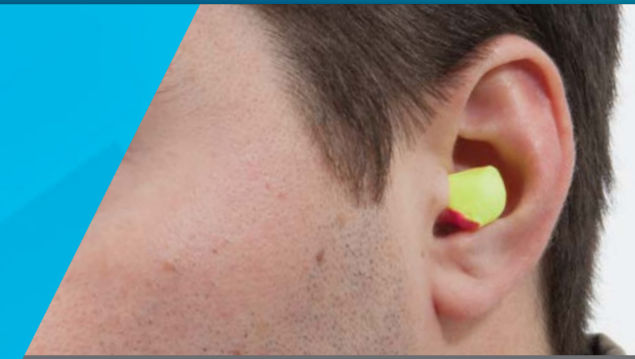
FIXING
HIDDEN
LEAKS

ADDRESSING
UNDER-
PROTECTION

TOO MUCH
EARPLUG
SHOWING

TOO MUCH EARPLUG SHOWING:

To effectively block noise, nearly all of the earplug needs to be inside the ear canal. Too much earplug showing outside of the ear canal is a sign of a shallow insertion, not deep enough to adequately block noise.



CAUSE

SOLUTION

Foam Earplugs

Not rolled down small enough



Start rolling gently to avoid creases, then roll firmly to make the cylinder as small as possible.



Roll down the entire earplug, even the flanged end. This will allow a deeper insertion.

Earplug expanded before insertion



After rolling, move quickly to insert before earplug expands.

All Earplugs

Insertion not deep enough



Need to insert past bend in ear canal. This often feels sensitive (not painful), or may trigger a cough reflex. This is normal.

more



Build a Culture of Safety.
Honeywell can help.



Helpful Hearing
How-to Videos

Honeywell

EARPLUG FIX-A-FIT

A guide for earplug selection, size and fit.



PROPER
EARPLUG
INSERTION

SELECT
THE RIGHT
EARPLUG

EARPLUG
SIZE GUIDE

ELIMINATING
DISCOMFORT

FIXING
HIDDEN
LEAKS

ADDRESSING
UNDER-
PROTECTION

TOO MUCH
EARPLUG
SHOWING

TOO MUCH EARPLUG SHOWING:

To effectively block noise, nearly all of the earplug needs to be inside the ear canal. Too much earplug showing outside of the ear canal is a sign of a shallow insertion, not deep enough to adequately block noise.



CAUSE

SOLUTION

All Earplugs

Bend in ear canal is blocking a deeper insertion causing earplug to “back out” of ear (earplug may have a visible bend when removed from the ear).



Reach over the head to pull OUT (or for some people, pull UP or BACK) on the ear flap, called the pinna.

Angle of insertion is incorrect



Use a pen-light to look at the ear canal to see which direction to insert (Give direction to “aim the earplug toward your nose,” or “aim the earplug a little upward,” etc.)

Earplug too large



Try a smaller earplug



Build a Culture of Safety.
Honeywell can help.



Helpful Hearing
How-to Videos

Honeywell

EARPLUG FIX-A-FIT

A guide for earplug selection, size and fit.



by Honeywell

PROPER
EARPLUG
INSERTION

SELECT
THE RIGHT
EARPLUG

EARPLUG
SIZE GUIDE

ELIMINATING
DISCOMFORT

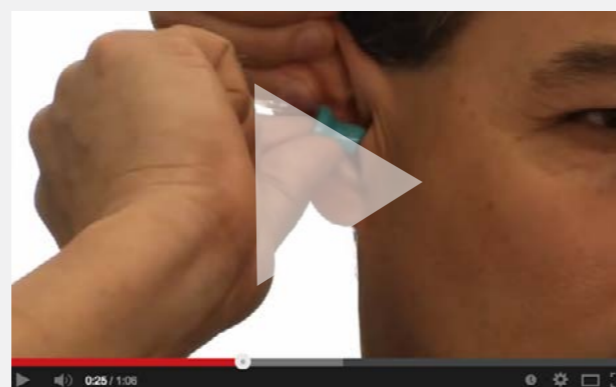
FIXING
HIDDEN
LEAKS

ADDRESSING
UNDER-
PROTECTION

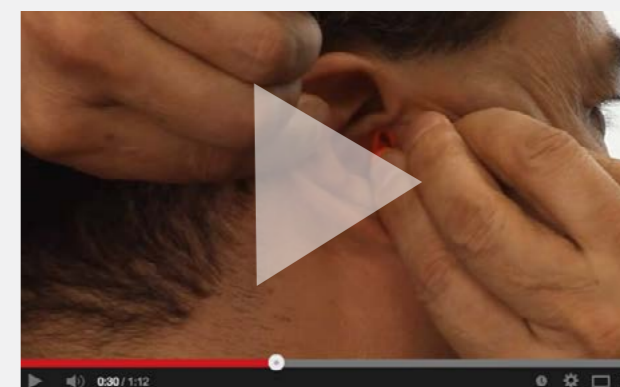
TOO MUCH
EARPLUG
SHOWING



How to fit single-use
roll-down foam earplugs



How to fit single-use and
multiple-use no-roll foam earplugs



How to fit multiple-use earplugs



How to fit multiple-use
detectable earplugs



How to fit banded earplugs

YouTube



Build a Culture of Safety.
Honeywell can help.



Helpful Hearing
How-to Videos

Honeywell

Honeywell Safety Products Family of Brands Includes:



by Honeywell

Eye & Face Protection



by Honeywell

Fall Protection



by Honeywell

Industrial PPE



by Honeywell

Hearing Protection



by Honeywell

Welding Safety,
Head & Face Protection



by Honeywell

Industrial Protective Footwear



by Honeywell

Industrial Protective Footwear



Industrial PPE



Uvex safety eyewear is offered for sale by Honeywell Safety Products exclusively in the Americas.

Honeywell Safety Products

900 Douglas Pike
Smithfield, RI 02917
www.howardleight.com

USA: 800-430-5490
800-430-4110
Canada: 888-212-7233

Technical Service:
800-873-5242
hsptechsupport@honeywell.com

