

### Usage Instructions

1. Extend the headband and place the ear muff headset over your head.
2. Adjust the ear cups up or down to give an even distribution of pressure around the ears.
3. Move the ear cups as far forward on the head as possible, without creating discomfort.
4. Make sure that the headband is evenly adjusted, left to right. The ear cushions should seal firmly against your head, and the headband shall rest against the top of the head.
5. Make sure to get as little hair as possible between the ear cushions and your head.

Check ear cushions regularly for hardening and cracking. Replace self adhesive cushions and foam absorbers regularly in order to maintain performance. Muffs should be cleaned regularly with mild soap and water.

### Information Required by EPA

The level of noise entering a person's ear when hearing protector is worn is directed is closely approximated by the difference between the A-weighted environmental noise level and the NPR.

#### Example:

1. The environmental noise level as measured at the ear is 92 dBA.
2. The NRR is 25 decibels (dB).
3. The level of noise entering the ear is approximately equal to 67 dBA.

#### Caution:

For noise environments dominated by frequencies below 500 Hz, the C-weighted environmental noise level should be used. Improper fit of this device will reduce its effectiveness in attenuating noise. Although hearing protectors can be recommended for protection against the harmful effects of impulse noise, the Noise Reduction Rating is based on the attenuation of continuous noise and may not be an accurate indicator of the protection attainable against impulsive noise, such as gunfire.

**Tested to ANSI S3.19-1974 by certified laboratory, NVLAP #0437**

Frequency, Hz	125	250	500	1000	2000	3150	4000	6300	8000	H	M	L	NPR
Mean Value, dB	13.1	19.8	29.3	37.6	36.7	33.3	36.3	36.6	35.6	35	27	18	25
Std. Deviation	2.0	1.7	1.8	1.8	2.0	2.2	2.9	4.0	2.1				