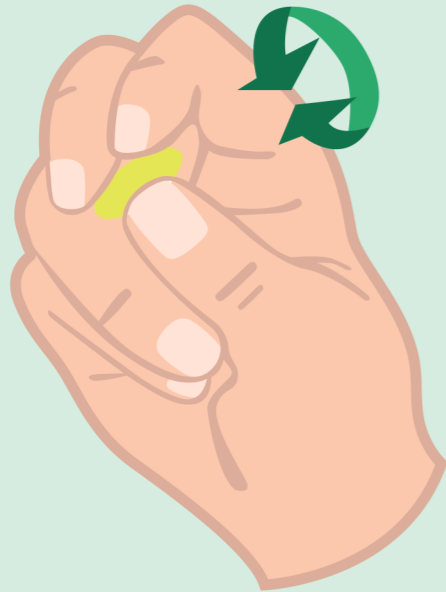
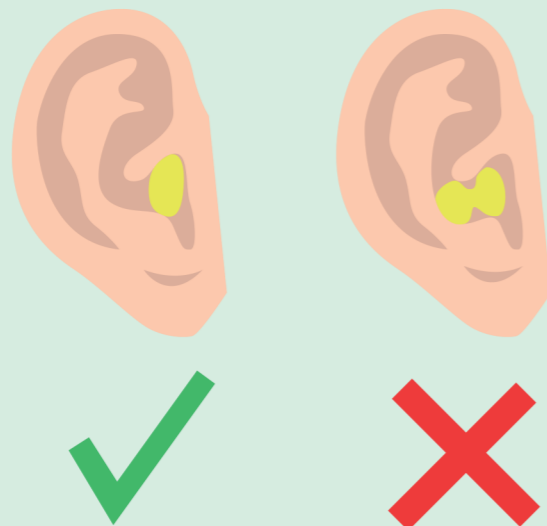


SUGGESTED METHOD TO FIT EARPLUGS



1. Roll the ear plug until fully compressed

2. Reach over your head with the opposite hand and pull the top of the ear to open the ear canal



3. Push the roll plug into your ear canal and hold in place until the plug expands