# Instructions and safety

## How to use

1. Choose the right ear tip size.
2. Press the ring into the ear tip until the edges meet.
3. Insert the earplug into the ear canal, turning it gently.
4. Remove it slowly with a slight twisting motion.

## Cleaning

Rinse in warm water and leave to dry. Do not use detergents, alcohol or sharp tools.

## Storage

Store in the case, away from dust, moisture and light.

## Warnings

- The product contains small parts. Keep away from children.
- Do not use while driving or in situations where you need to hear warning signals.
- Stop using them in case of pain or irritation.
- Do not use them with an ear infection without consulting a doctor.
- Improper fit may reduce the effectiveness of hearing protection.

## Attenuation data

Overall attenuation: SNR 22 dB · H 23 dB · M 21 dB · L 19 dB.

Attenuation (APV dB) in octave bands

| Frequency (Hz) | APV (dB) |
|---|---|
| 63 | 23.8 |
| 125 | 17.1 |
| 250 | 14.1 |
| 500 | 16.1 |
| 1000 | 18.2 |
| 2000 | 24 |
| 4000 | 18.9 |
| 8000 | 21.6 |

## In the box

- A pair of Quietplugs Q01 earplugs
- Ear tips in four sizes (XS · S · M · L)
- Case
- Instructions (PL)

## Standard and manufacturer

Hearing protector, personal protective equipment. Model Q01. Standard: EN 352-2:2020 · CE 0501. Manufacturer: Shenzhen Yichang Sheng E-Commerce Co., Ltd., China.

## Complaints and contact

Complaints: quietplugs.com/en/complaints · Contact: quietplugs.com/en/contact

**Free lifetime warranty of access to information.** These instructions are always available at quietplugs.com/en/qr.