

DECIBULLZ[®]



CUSTOM MOLDED EARPLUG INSTRUCTIONS

WARNING!

IMPROPER FITTING OR MISUSE WILL REDUCE EFFECTIVENESS OF EARPLUGS AND COULD RESULT IN HEARING LOSS OR INJURY. Test thoroughly in progressively louder environments. Wear hearing protection at all times that you are exposed to loud noise. Do not enter a loud environment right away. Start in a quiet, low noise environment and slowly increase your noise exposure to make sure your earplugs are providing adequate protection. If at any time you feel your hearing protection is not providing adequate protection, remove yourself from the loud environment immediately. DO NOT PLACE THE HOT MOLD INTO YOUR EAR! Wait until the mold is warm and pliable before inserting it into the ear.

CAUTION:

Remove all piercings from the ear bowl or concha before molding. Check that the silicone and/or foam ear-canal tips are securely attached to custom earpiece before every use. Remove the earpieces/earplugs slowly and gradually break the seal. Rapid removal may damage the eardrum. Use only as directed. If misused (by failure to use as directed), ear canal tip may become lodged in ear, which requires removal by an Ear, Nose and Throat Doctor ONLY.



CAUTION: CHOKING HAZARD

Keep away from children. Parts are nontoxic but may interfere with breathing if caught in windpipe.

PLG1-INST 2019-Nov

WHAT IS INCLUDED



Left and Right Custom Mold



2 Back Plugs



S, M, L Triple Flange Silicone Tips* (NRR 24)



Medium Max Isolation Foam Tips* (NRR 31)



Drawstring Carrying Pouch

MATERIALS NEEDED FOR MOLDING

- Decibullz Thermo Fit Molds
- Decibullz Back Plugs
- Silicone Tips
- Metal Spoon
- Glass or Ceramic Cups
- or -
- Kettle or Microwave (to heat water)
- Boiling Water
- Timer
- Mirror (recommended)

*Please use correct size silicone tips for molding. After molding, silicone tips may be replaced or exchanged for foam tips. Foam tips provide the highest NRR rating of 31. We recommend testing all tips in progressively louder environments to see what tips work best for you. Each ear may require a different size tip than the other. Try all the various sizes and combinations of tips to find the tips that block out the most sound.

CONTACT US

If you have any questions or need additional support, please contact us: www.decibullz.com/support

1



VIDEO INSTRUCTIONS

For best results follow video instructions at www.decibullz.com/earplug-instructions

HEAT

2

Attach back plug and correct size silicone tip to custom mold. DO NOT USE FOAM TIPS FOR MOLDING

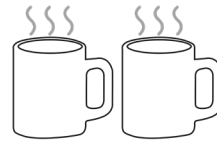
You can change the tips after the molding process is complete. Check that the tip is securely attached before molding. If the tip becomes dislodged in the ear canal seek medical attention.



3

MICROWAVE

If using the microwave, fill two glass or ceramic cups with 3 to 4 inches of water and bring to a boil. DO NOT PLACE THE MOLD IN THE MICROWAVE WITH THE WATER AND DO NOT USE PAPER, PLASTIC, OR STYROFOAM CUPS.



KETTLE

If using a kettle, boil water and fill two glass or ceramic cups with 3 to 4 inches of water.



4

Place ONE mold in each cup. Multiple molds WILL stick together if heated in the same cup.



Let molds sit in the hot water for 5 minutes.

5

Remove the mold with a metal spoon and let cool for 30 seconds.

CAUTION! Do not place the mold into your ear while it is hot. Wait until the mold is warm and pliable.

Be sure to use a metal spoon, the mold WILL stick to plastic.



SHAPE

6

Insert the mold into your ear and firmly press the back plug making sure the silicone tip fits snugly into the ear canal.

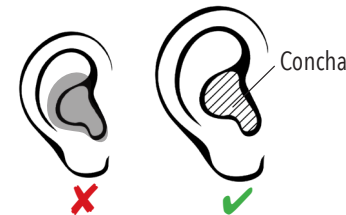


Remove any piercings in the concha of the ear as the piercings may become fixed or trapped in the molding material.

TIP: Use a mirror to see what you are doing, or have a friend help. To ensure a smooth looking mold, avoid using your finger-nails.

7

With the pad of your finger, press the mold to fill the concha (bowl) of your ear. If the molding material is not fully softened or you feel the center of the mold is still firm, reheat the mold in hot water.



8

Let the mold cool for 5 minutes. While you wait, firmly press the back plugs every 30 seconds or so. Repeat the process for the other ear.



Excessive heat can deform the earplugs. Do not leave in a hot car, direct sunlight, or anywhere with excessive heat. Exposing them to temperatures above 120°F/49°C could cause the molds to melt and your Decibullz can become damaged.

If, for any reason, you are not satisfied with your product, please contact www.decibullz.com/support before returning.

REMODELING

To re-mold, place the mold back in hot water for 5 minutes, and repeat steps 4-7.

TESTING YOUR EARPLUGS:

IMPROPER FITTING OR MISUSE WILL REDUCE EFFECTIVENESS OF EARPLUGS AND COULD RESULT IN HEARING LOSS OR INJURY

Test your earplugs in progressively louder environments. You can do this by gradually increasing your noise exposure. Another way to test your earplugs is to talk out loud. While wearing your earplugs the sound of your own voice should become deeper, hollow or muffled in BOTH ears. If the change is not in both ears or there is no change at all, you have not achieved a secure seal and you will need to remold your earpieces or contact Decibullz customer support. Keep in mind you will still hear some surrounding frequencies and noises while wearing your Decibullz earplugs. However, the surrounding noise should be muffled and you should always feel a secure seal.

ENJOY YOUR DECIBULLZ!

The EPA has selected the Noise Reduction Rating as the descriptor of hearing protector effectiveness to be utilized on the labels required by U.S. EPA Regulation 40 CFR Part 211 Subpart B. Decibullz makes no warranties as to the suitability of NRR as a measure of the actual protection afforded to the individual user.



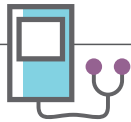
140dB

Immediate danger to hearing:
Jet Engine at Take Off, Gunshot



100dB

Hearing damage in 15 minutes:
Headphones, Chainsaw



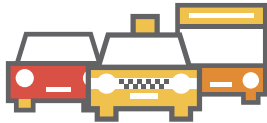
94dB

Hearing damage in 1 hour:
Table Saw, Electric Drill



88dB

Hearing damage in 4 hours:
Subway, City Traffic



120dB

Hearing damage in 8 seconds:
Rock Concert, Ambulance Siren



97dB

Hearing damage in 30 minutes:
Motorcycle, Lawnmower



91dB

Hearing damage in 2 hours:
Hairdryer, Blender



30dB

No damage:
Faint Sound or Whisper



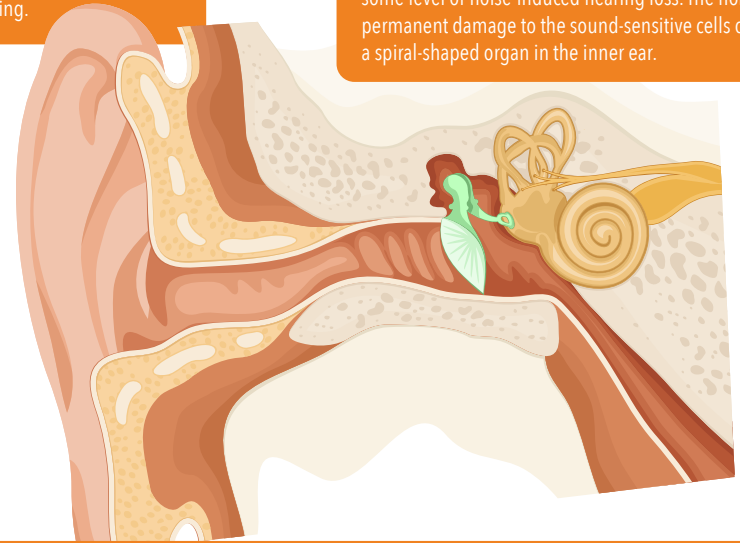
*Decibel levels and durations are approximate.

WHAT IS TINNITUS?

Tinnitus is the experience of a sound without an external source, usually in the form of ringing.

WHAT CAUSES TINNITUS?

Prolonged exposure to loud sounds is the most common cause of tinnitus. Up to 90% of people with tinnitus have some level of noise-induced hearing loss. The noise causes permanent damage to the sound-sensitive cells of the cochlea, a spiral-shaped organ in the inner ear.



HOW TO PREVENT NOISE-INDUCED TINNITUS?

Use earplugs whenever exposed to noises 85 decibels or higher. Reduce your exposure to loud noises by distancing yourself from the sound source and limiting the time you are exposed. When using headphones listen at safe low volume and do not increase the volume to block out external sounds.

HEARING HEALTH FACTS



By age 65, one out of every three people has hearing loss.

Hearing loss is connected to other health conditions, such as cardiovascular disease, Alzheimer's & dementia, diabetes, and risk of falling.



The maximum safe sound exposure limit is 85 decibels. Above that can cause headaches, nausea, and hearing damage. Exposure to 120 decibels can damage your hearing in only 8 seconds!