

# Extending the Life of Your Hearing Protection

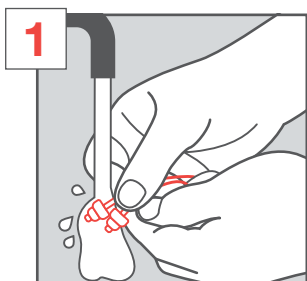
**Looking after your Personal Protective Equipment (PPE) correctly can help prolong the life of your products.**

Every time you wear your hearing protection, make sure to follow these simple steps to ensure you're provided with the best level of protection.

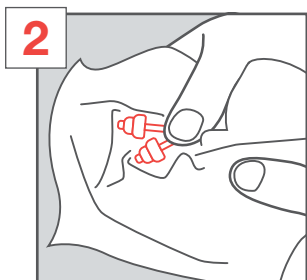
## Taking care of your hearing protection

### Ear Plugs

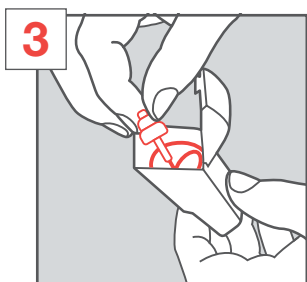
Cleaning and correctly storing your reusable ear plugs will help keep your PPE protecting you for longer.



After every use, wash your ear plugs in warm water. Use a mild soap and rinse well.



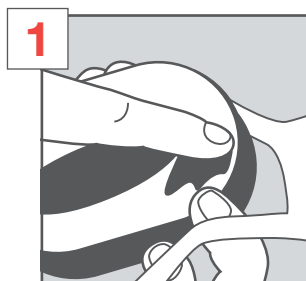
Dry your ear plugs with a paper towel.



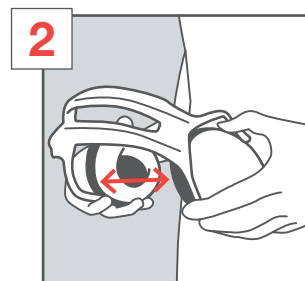
Store your ear plugs in a clean case or box between use.

### Ear Defenders

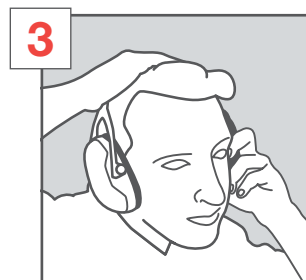
Correctly fitting and inspecting your ear defenders every time you wear them will provide you with a better level of protection.



Inspect cushions for any cracks or splits and if worn, replace the cushion.



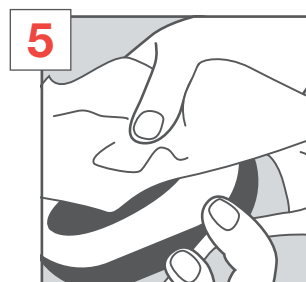
Test the tension of the headband or arm of the defender. Replace if worn.



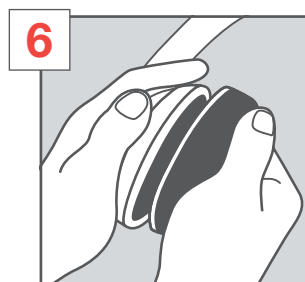
Adjust the headband to fit once placed on your head.



Ensure the cushions cover your ears and are firmly fitted.



After each use, remove any build up of dirt using a damp cloth.



Replace ear cushions at least twice a year, sooner with heavy wear or if damaged.



For more guidance and information about your hearing solution, visit our website  
[www.arco.co.uk/expert-advice/noise](http://www.arco.co.uk/expert-advice/noise)

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