

# Combat Arms Earplugs

*Hearing loss is preventable. Wear your hearing protection.*

**Press the rocker switch cover to select the type of hearing protection needed.**

**1** To protect your hearing from weapons fire, press the rocker switch cover to the **OPEN** position. Speech and background noise will sound clear, but your hearing is protected from weapons fire.

**2** To protect your hearing from continuous noise, such as from aircraft, vehicles, generators, or watercraft, press the rocker switch cover to the **CLOSED** position. The rocker switch cover will be flat.



**Protect Your Hearing**

## WEAR

- ▶ Check for proper fit by gently tugging on each earplug. You will feel some tension.
- ▶ Adjust the rocker cover to desired position.
- ▶ **Gently remove earplugs** to avoid causing eardrum injury.

## CARE

- ▶ **Clean earplugs with soap and water** and keep the filter holes free of ear wax and other debris.
- ▶ **Return dry earplugs** to the carrying case or tie the connector cord to your helmet or load bearing gear for ready access.

## Suggested Size Distribution for Ordering:

- ▶ 20% = Small (O.D. Green): 6515-01-576-8837
- ▶ 70% = Regular (Desert Tan): 6515-01-576-8861
- ▶ 10% = Large (Coyote Brown): 6515-01-576-8869
- ▶ *Note: Younger populations (basic training) may require smaller sizes and some users will need a different size for each ear.*

For more information on noise and hearing loss contact the **Army Hearing Program** at: 410-436-3797, DSN: 584-3797  
[phc.amedd.army.mil/topics/workplacehealth/hrc/pages/default.aspx](http://phc.amedd.army.mil/topics/workplacehealth/hrc/pages/default.aspx)

