

How to adjust your fdmt earmuffs?



Headband adjustment - Apply a slight pressure against the curve of the headband and repeat the movement to the desired size. Wear it for a while to check effectiveness and comfort. If the headband is too tight, fold back the earmuffs and try again.



Earmuffs height adjustment - Easy to adjust, slide down the earmuffs through the telescopic system until they cover the ears. The pivoting attachment between the earmuffs and the headband moves to fit the shape of your face.