

GB Instructions

SANOHRA fly for adults with medium ear canals

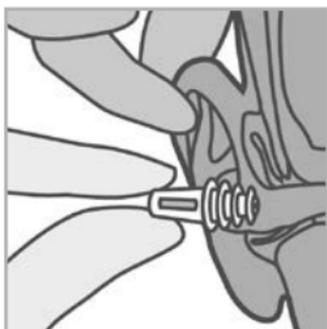
SANOHRA fly for children from 1 year and for adults with small auditory canals

SANOHRA fly protects the ear against rapid changing of air pressure, as appearing during flights f.e.

How does earpain occur?

The ear is a very sensitive organ. The middle ear is situated behind the airtight eardrum. The ventilating of the middle ear is passing through the eustachian tube. During take off the air pressure inside the cabin decreases rapidly. This normally happens without any difficulties for the ear, since the eustachian tube just has to let off a relative over-pressure from the middle ear passively. At landing the air pressure rises within a few minutes to ground level. If the Eustachian tube is not able to generate a necessary active opening, the low pressure level stays inside the middle ear, what causes a curvature of the eardrum. This leads to earpain, but it may also occur as face- or toothache.

By using **SANOHRA fly** with the Air Pressure Control pressure changes are slowing down before the eardrum. **SANOHRA fly** supports the ear, even at reduced function of the Eustachian tube, to adapt to very alternating pressure conditions painlessly.



How to fit in SANOHRA fly

Move one arm above the head and slightly lift the upper part of the external ear on the other side of the head. This will enlarge the auditory canal.

Use thumb and index finger of the other hand to seize **SANOHRA fly** at its stalk and put it into the auditory canal with its lamellas first by moving it slightly and rotating.

When should SANOHRA fly be put in?

At take off: Who already has problems with earpain at the take off, should put in **SANOHRA fly** before the plane takes off. After 30 minutes **SANOHRA fly** can be taken out, since the pressure conditions are supposed to be constant once the plane has reached its altitude. During short-termed flights under 2 hours, it is recommended to wear **SANOHRA fly** during the whole flight.



At landing: Put in **SANOHRA fly** as described not later than **45 minutes** before landing. Do not wait for the pilots' announcement. It is recommended to support the function of the Eustachian tube by chewing, swallowing and yawning. The ear will be optimal protected, if **SANOHRA fly** is not taken out until the arrival at the airport.

Please notice, that, due to its function, **SANOHRA fly** also causes a sound attenuation.

How to take out SANOHRA fly

Before taking it out, lift the outer ear as described. Do not take the earplug out jerky, but remove it with a slightly rotating move.

Children should use the ear protection only under the supervision of adults. For children under the age of 3 years, please ensure that the ear protection is inserted and removed only by adults. The use of ear protection should be discussed earlier with your doctor. Do not use if the ear is inflamed.

WARNING! RISK OF CHOKING! SMALL PARTS. Children should use the ear protection only under the supervision of adults. The earplugs should be assembled, adjusted and maintained in accordance with the manufacturer's instructions.

Warnings when using SANOHRA fly

Caution: If the usage instructions and instructions for inserting are not followed, the protection effect of **SANOHRA fly** against noise can be significantly affected. Earplugs should be worn constantly in noisy areas.

SANOHRA fly should not be cleaned using water or cleaning agents. Even the minerals present in the water would clog the APC (pressure reducer). Contaminants in the air and earwax can also result in clogging. To ensure best results, use **SANOHRA fly** up to a maximum of 3 journeys.

Check the product for damages at regular intervals and replace if necessary. This product can be adversely affected by certain chemical substances. Please ask the manufacturer for additional information. It is advisable to store **SANOHRA fly** after use in the small box provided. It should be stored in a cool and dry location. All the parts of the earplug are designed and manufactured such that they do not cause any injuries when worn as described in the usage instructions.

Data about the attenuation effect

Sound attenuation: $SNR = 24 \text{ dB}$, $H = 23 \text{ dB}$, $M = 21 \text{ dB}$, $L = 20 \text{ dB}$

Frequency [Hz]	Noise insulation [dB]	Standard deviations [dB]	APV [dB]
63	23,0	4,1	18,9
125	24,6	4,4	20,2
250	22,6	4,5	18,1
500	26,6	4,9	21,7
1000	25,6	5,3	20,3
2000	28,8	4,6	24,2
4000	26,6	4,7	21,9
8000	34,2	7,9	26,3

Complies with the European directive for personal protection equipment (CE) 89/686EWG, EN352-2:2002, EN24869-1. Notified Body PZT GmbH Number: 1974



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