

User Manual for DBX-EG-1 Ear Guards

1. Product Description

The DBX-EG-1 ear guards are designed for combat sports such as Brazilian Jiu-Jitsu (BJJ), Mixed Martial Arts (MMA), and wrestling. Crafted from high-quality neoprene, they offer comfort during training and protect against abrasions. The ear area is secured with durable inserts to shield against injuries and the development of "cauliflower ear." Adjustable straps allow for a customized fit to the shape and size of the head, enhancing comfort and safety during training.

2. Intended Use

These ear guards are suitable for:

- BJJ training
- MMA
- Wrestling

3. Usage Instructions

- **Wearing the Ear Guards:** Ensure the ear guards are appropriately sized for your head. Place them so that the protective inserts fully cover the ears.
- **Adjustment:** Use the adjustable straps to fit the ear guards snugly to your head's shape and size, ensuring stability and comfort during training.
- **During Training:** Regularly check that the ear guards have not shifted and remain properly adjusted. Make adjustments as necessary.

4. Maintenance and Care

- **Cleaning:** After each training session, wipe the ear guards with a damp cloth to remove sweat and dirt. Avoid using harsh chemicals that may damage the material.
- **Drying:** Allow the ear guards to air dry at room temperature, away from direct heat sources such as radiators or sunlight.
- **Storage:** Store the ear guards in a dry and well-ventilated place to prevent mold and unpleasant odors.

5. Precautions

- **Condition Check:** Regularly inspect the ear guards for damage, such as cracks, abrasions, or loose stitching. If any damage is found, discontinue use until repaired or replaced.
- **Supervision of Children:** Children should use the ear guards only under adult supervision.
- **Avoid Modifications:** Do not make any modifications or repairs yourself, as this may reduce the effectiveness of the protection.

