

Instructions for removing the headband from the earmuffs:

The best way to remove the headband from the earmuffs is to rotate the earcup 90 degrees and use a small screwdriver to carefully pry it up. See photo below.



When you install the new band start with it rotated the same way it was during the removal of the headband pictured above and it should easily snap on to the earcup pivots. Note: no tools are required for installing the headband.