TO CONNECT TUBE:
Cut plastic tube as squarely as possible. Insert tube end into fitting, slide the I.D. of the tube over the tube support until friction is felt as tube slides past the O-ring. Using a slight twisting motion while inserting the tube is helpful. After this initial friction is felt, continue to push in the tube until it bottoms firmly against the internal tube support.

TO DISCONNECT TUBE:
With thumb and forefinger, hold down the top of the insert against the fitting body and then, with the other hand, pull out the tubing. No tools are needed.