

Fitting Instructions

The 3M™ E-A-R™ Switch Protection Earplugs come with three sizes of ear-tip (small, medium and large) and can easily be switched between the 'Normal Protection' mode and 'Awareness' mode. Consult with your Hearing Conservation Program Manager, Healthcare provider or the manufacturer for advice on selecting the best size to fit your ear canal.

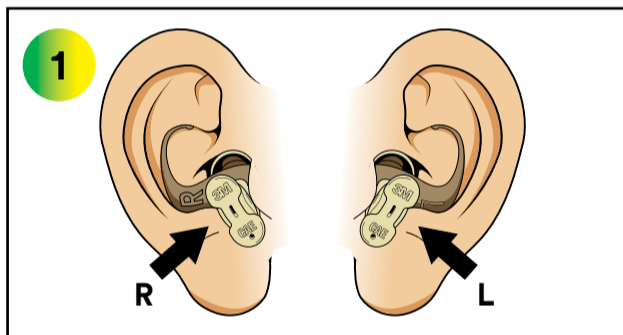
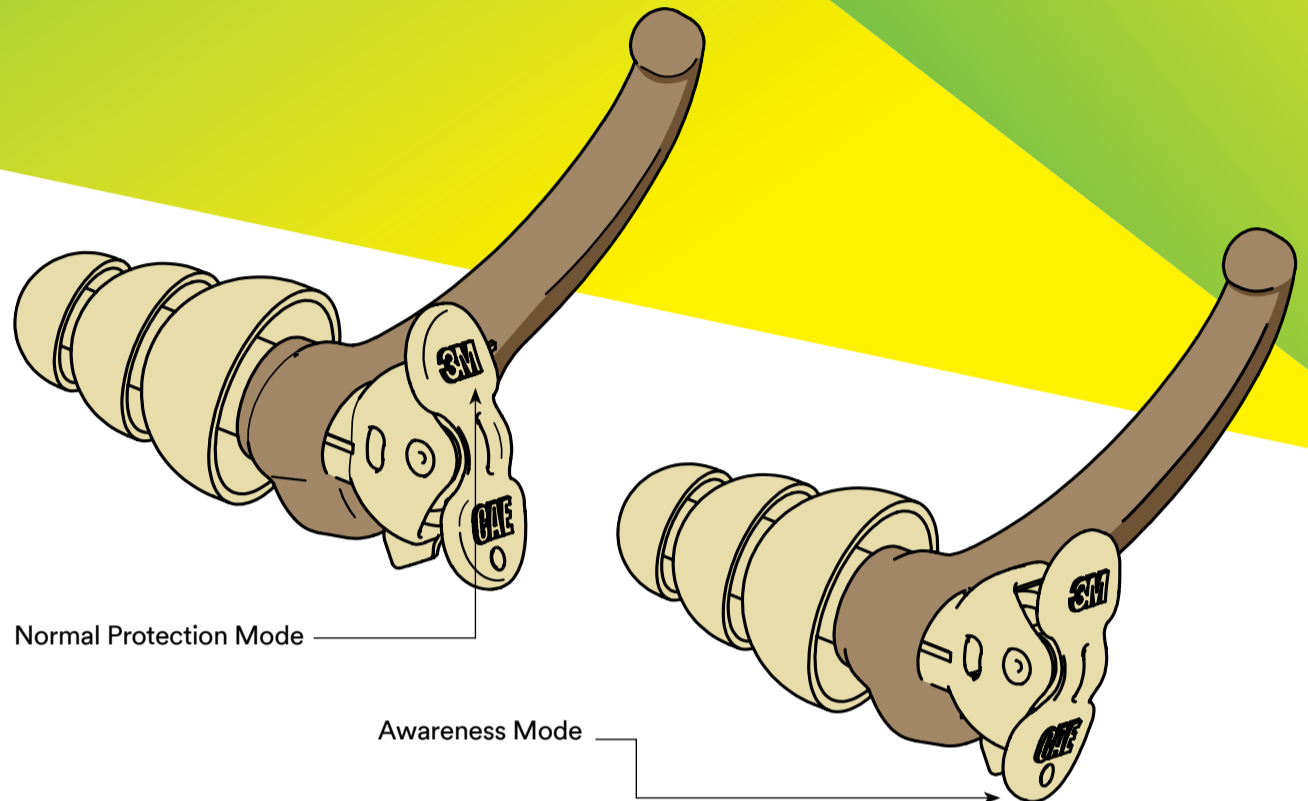
These earplugs allow you to easily switch between two modes.

Normal Protection Mode

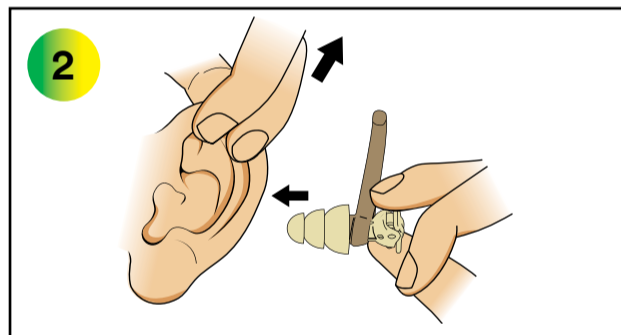
When the tab featuring the 3M logo is pressed the device acts as a conventional earplug providing protection against steady noise, this is the Normal Protection Mode.

Awareness Mode

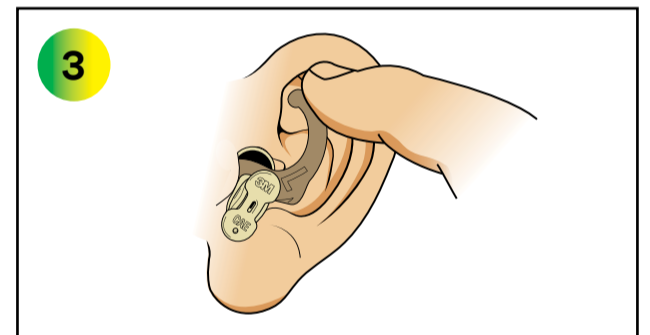
When the CAE tab is pressed the device is in Awareness Mode and allows some sound to pass through whilst still providing protection against impulse noise thereby improving situational awareness.



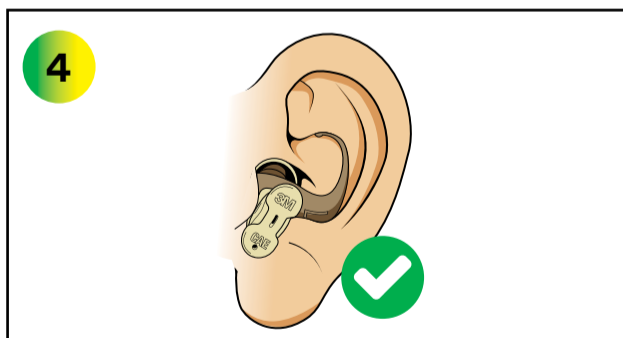
Ensure that the plug labelled L is used for the left ear and the plug with an R is used for the right ear. Ensure the retainer is orientated relative to the rocker switch as shown.



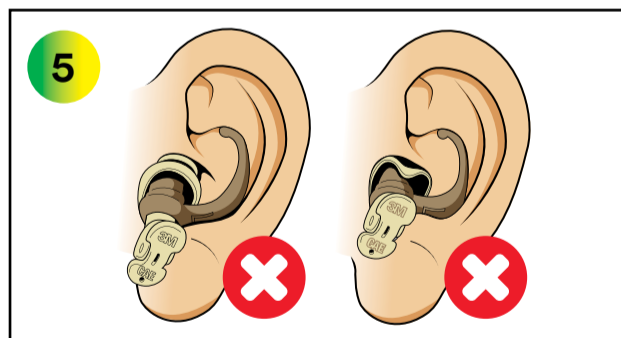
Insert the plug into the ear canal while pulling the ear outward and upward with the opposite hand. Ensure the rocker switch is in a vertical position.



Use index finger to push and bend the retainer into the concha to help ensure the earplug is seated securely.



If properly inserted, the retainer should be fully secured in the concha and not protruding out of the ear at any point.



If the retainer or earplug doesn't fit properly it can be removed and reinserted. For greater comfort twist the earplug gently to break the seal before removing it from the ear canal. **Caution: Rapid removal may damage the ear. It is not recommended to remove the earplugs by pulling the cord.**



E-A-R switch protection earplugs are fit test ready. We recommend using the 3M™ EARfit™ Dual-Ear Validation System to measure and document the Personal Attenuation Rating (PAR) for individual workers as an integral part of the hearing conservation programme.

Cleaning and disinfecting

These earplugs are reusable and should be cleaned with mild soap and warm water only. Allow to dry at room temperature. Do not immerse the rocker switch assembly in water as this can clog the filter. Do not use alcohol or other disinfectant as these may damage the earplugs. Do not use heat to dry the product. Hard plastic parts may be wiped clean. Discard the product immediately if there is any sign of damage.