3M Personal Safety
Construction Solutions Guide

3M Safety Solutions for construction

The Power to Protect Your World
We believe that health and safety is first and foremost about safeguarding your worker’s welfare. Preventing occupational ill health is a key priority for everyone, particularly in construction where the broad variety of activities found on site make the industry one of the most hazardous to work in. 3M has not set any limits on helping you to create a working environment that’s safe and sound, and we make it our goal to offer you exceptional Personal Protective Equipment backed by unrivalled support.

3M Respiratory Protective Equipment

The guide below is designed to help you select the most appropriate respiratory protection for a range of typical construction activities, whilst the rest of the brochure gives you information on the wide range of PPE and support available from 3M.

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<th>Respiratory Protection</th>
<th>Disposable</th>
<th>Reusable</th>
<th>Powered Air***</th>
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<td>FFP3*</td>
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<td>HALF OR FULL FACE MASK**</td>
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<tr>
<td>Work generating respirable crystalline silica (RCS) e.g. cutting, grinding and drilling stone and concrete</td>
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<td>Scabbling</td>
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<tr>
<td>Work with contaminated soil e.g. earth moving</td>
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<td>Piling</td>
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<td>Low level dusts (not RCS)</td>
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<td>Plastering</td>
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<tr>
<td>Certain non-licensed asbestos work</td>
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<tr>
<td>Asbestos removal</td>
<td>●</td>
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</tbody>
</table>

* FFP1: disposable respirators for low levels (up to 4x Workplace Exposure Limit (WEL)) of fine dusts and mists. FFP2 for moderate levels (up to 10xWEL) of fine dusts and mists. FFP3 for higher levels (up to 20xWEL) of fine dusts and mists.
** A range of filters is available for these respirators. For selection advice please visit the online 3M Respirator Product Selector at www.3M.co.uk/safety or call the 3M Health and Safety Helpline on 0870 60 800 60 (UK) or 1 800 320 500 (Ireland).
*** A range of Powered Air Respirators is available. Visit www.3M.co.uk/safety or call the 3M Health and Safety Helpline on 0870 60 800 60 (UK) or 1 800 320 500 (Ireland).

Fit Testing

In the UK wearers of tight-fitting respirators featured in this guide should be fit tested as required under the Control of Substances Hazardous to Health Regulations (COSH). 3M can provide qualitative fit test kits suitable for testing wearers of disposable respirators and half face masks fitted with particle filters. The kits rely on a ‘taste test’ to assess the level of fit of the respirator to the wearer’s face. Two versions are available; FT10 (sweet) and FT30 (bitter). 3M supports the Fit 2 Fit Accreditation scheme for fit testers, visit www.fit2fit.org.

As part of the 3M Safety Services offering, half-day and full-day fit testing services are available. For further details or to book a session, please call our Safety Services Co-ordinator on 0845 601 3457 or email: safetyservices.uk@mmm.com.

Or for more information, visit www.3M.co.uk/fittestrespirator
STAGE ONE  Which protection factor suits your needs?

<table>
<thead>
<tr>
<th>FFP1 Respirators</th>
<th>FFP2 Respirators</th>
<th>FFP3 Respirators</th>
<th>Specialty Respirators</th>
</tr>
</thead>
<tbody>
<tr>
<td>Protection factor</td>
<td>APF 4</td>
<td>APF 10</td>
<td>APF 20</td>
</tr>
<tr>
<td>Typical applications</td>
<td>Low level fine dust/oil or water based mists (hand sanding, drilling and cutting)</td>
<td>Moderate level fine dust/oil or water based mists (plastering, cement, sanding and wood dust)</td>
<td>Higher level fine dust/oil or water based mists (hazardous powders, biological agents and fibres)</td>
</tr>
<tr>
<td>Easy identification</td>
<td>Identified by YELLOW straps</td>
<td>Identified by BLUE straps or valve lettering</td>
<td>Identified by RED straps or valve lettering</td>
</tr>
<tr>
<td>Protection level can be identified by the strap colour or valve lettering</td>
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</tbody>
</table>

Classification explained
When correctly used by a wearer who has passed a face fit test, an FFP1 respirator should reduce exposure to airborne particles by a factor of 4, an FFP2 by a factor of 10 and an FFP3 by a factor of 20.

STAGE TWO  Choose a valved or unvalved respirator?

Benefits of a valved respirator
- Reduces exhalation effort
- Cooler to wear
- Stays comfortable for longer
- Less likely to mist up eyewear

Benefits of a non-valved respirator
- Lower unit cost
- Prevents the wearer from contaminating their environment

STAGE THREE  What style?

Choose from our Classic, Comfort or Premium ranges or a Welding or Speciality respirator for specific applications.
Most of our ranges offer a cup-shaped and flat-fold respirator for your preference.

Disposable Respirators for protection against dusts

All 3M disposable respirators feature 3M™ Advanced Electret Filter media which combines highly effective filtering performance with low breathing resistance for a comfortable wear.

3M™ K111 Classic Dust/Mist Respirator EN149:2001+A1 2009 NR D
- Diamond-shaped front allows the respirator to maintain its shape in hot and humid environments
- Single loop strap allows easy adjustment on the face and head
- Available in FFP1 • FFP2 • FFP3
- Valved and unvalved versions available (FFP3 valved only)

3M™ 8322 Comfort Cup-shaped Valved Dust/Mist Respirator EN149:2001+A1 2009 NR D
- Advanced Electret filter material helps to breathe easily for more comfortable protection
- The shell construction offers added durability
- The cushioned inner lining helps to stay comfortable
- Available in FFP1 • FFP2 • FFP3
- Valved and unvalved versions available (FFP3 valved only)

3M™ 8835 Soft Seal Valved Dust/Mist/Metal Fume Respirator EN149:2001+A1 2009 R D
- Adjustable straps for individual fit
- Comfortable, lightweight off the face design
- Inner face seal for comfort and prolonged use
- Available in FFP2 • FFP3
- Valved only
Reusable Respirators
For protection against dusts and/or gases and vapours

The 3M Reusable Respiratory Range can be used with a wide range of filters that offer effective protection against gases, vapours and particles. For prolonged periods of use, half and full face masks by 3M offer exceptional value and quality, with unrivalled comfort with ease of use.

3M™ 3212 RTU Half-Mask Respirator
EN140: 2002
- Compact and lightweight
- Economical solution for a range of applications.
- Ready to use with replaceable parts
- Single organic gas and vapour filter

3M™ 4000 Series Maintenance Free Respirator
EN405: 2002
- Unique design with integral filters
- Exempt from maintenance requirements of COSHH if disposed of within the month
- Four versions offering combined particulate and gas/vapour protection
- Resealable bag provides convenient and clean storage between uses

3M™ 7500 Series Half Masks
EN140: 1998
- Soft pliable face seal for premium comfort
- Adjustable head harness giving individual fit
- 3M™ Cool Flow™ Valve reduces heat and moisture build up
- Use with 6035 filters for easy, wipe clean P3 particulate protection (APF20)**
- Available in three sizes

* 3M has a range of filters to fit 3M reusable half and full face masks. To find the most suitable filter for your application visit www.3M.co.uk/safety and click on the 3M Respirators Product Selector or call the Health and Safety Helpline on 0870 60 800 60 (UK) or 1 800 320 500 (Ireland).

** APF = Assigned Protection Factor.

Powered Air Respirators
Long term, comfortable protection against multiple hazards

3M™ Versaflo™ Powered Air Respiratory Systems are designed to offer comfortable protection against a wide range of hazards and depending upon the options selected can offer head, face, eye, hearing and respiratory protection.

3M™ Versaflo™ TR-315UK Powered Air Respirator Starter Kit
EN 12941 class TH2 and TH3 dependent on headtop
- Highly Efficient filter captures hazardous dust, mist and fume
- Light and small - Extremely slim, lightweight, balanced design for outstanding comfort
- Intelligent lithium ion battery quickly charges, has no memory effect and incorporates useful charge indicator
- Electronic audible and visual alarm in case of low battery and/or low air flow

Starter Kit includes: TR-302 Turbo Unit, P Filter, Pre-Filter, Standard Belt, High Capacity Battery, Charger Kit (UK), Length-adjusting breathing tube.

Wear this with ...

3M™ Versaflo™ M-306 Helmet
- Provides protection from specific respiratory, head, face and eye hazards
- Optional accessories, including helmet mounted ear defenders are available
- Lightweight with excellent balance
- Scratch resistant lens

For more information on 3M Powered Air Respiratory Systems and to apply for a FREE TRIAL, please visit 3M.co.uk/safety or call 0870 60 800 60 (UK) or 1 800 320 500 (Ireland)
Welding Helmets
Comfortable protection for safer welding

3M™ Speedglas™ Auto-darkening Welding Helmets have been designed to provide exceptional comfort while maintaining the performance and protection that welders need.

**3M™ Speedglas™ 9100 FX Welding Helmet**
Features a flip-up combination of an auto-darkening welding shield and a protective visor. Not only is the viewing area of the shield larger than on previous models - 17 x 10cm - the geometry of the shield has also been redesigned to increase peripheral vision.

- Dark state: Shade 5, 8, 9-13 (variable)
- Fail-safe state: Shade 5
- Light state: Shade 3
- Switching time, light-dark: 0.1ms
- Delay (switching time dark-light): user adjustable 40-1300 ms
- Viewing area: 73 x 107 mm
- Battery lifetime: 2000 hours
- Available with 3 different sizes of auto-darkening welding filter. V (45x93mm), X (54x107mm) and XX (73x107mm)

Head and Face Protection
Comfortable, reliable and easy to use

3M offers a wide range of comfortable helmets with many accessories incorporating 3M Peltor™ Uvicator™ technology.

**3M™ Peltor™ G3000 Safety Helmet**
- Peltor™ Uvicator™ technology tells you when it's time to replace your helmet
- Softly rounded design to reduce the risk of helmet parts snagging on branches etc.
- Optimised ventilation with more ventilation holes than a conventional ventilated helmet
- Short brim giving a broader field of view
- Lining that can be rotated 180° to allow the helmet to be worn back-to-front which is ideal when working in tight spaces or climbing (integrated eyewear can still be used)

**3M™ Peltor™ G3000 Safety Helmet with integrated eyewear and mounted earmuffs**
- Eyewear available in clear, yellow and grey lenses
- Helmet available in different colour options
- 3M™ Optime™ I, II or III helmet mounted earmuffs available
- 3M™ Peltor™ X Series ear defenders also available in helmet mounted versions

**3M™ V5 Face Shield System with Polycarbonate Face Shield (SF-1)**
- Improved protection against high speed particles
- New marking: A=190 m/s, BT=120 m/s
- Extreme temperature (-5 to +55°C)
- Improved optical quality
- Specially designed for perfect fit in combination with G3000/G3001

Logo Customised Helmets
Want to increase your brand recognition and ensure your company stands out?
3M offer a multi-coloured logo printing service for safety helmets. Contact 3M for further information.
3M™ Hearing Protection Equipment

Construction sites are noisy places. That is why it is important to ensure your workforce is protected. At 3M we understand that the hearing protection you choose for your workers must be comfortable, easy to use and reduce noise by just the right amount.

Our online tool lets you input noise levels from your site and suggests the most appropriate solution from our wide range of ear plugs and muffs.

Factors affecting the selection of Hearing Protection

- Suitability for the work carried out
- Compatibility with other Personal Protection
- Ability to communicate
- Environmental factors
- Comfort and user preference
- Maintenance
- Wearer isolation risks if over-protecting
- Pattern of noise exposure

3M™ Optime™ Alert System

Our system uses a simple, logically coloured classification to make the selection process easy. Firstly find out what your noise level is, then look at the icons below and establish which noise band your noise level falls into. Take note of the icon and choose from the wide range of products featuring the correct icon.

The table below shows the likely noise exposures of some typical construction activities.*

<table>
<thead>
<tr>
<th>Activity</th>
<th>Likely noise exposure (average) LEP,d</th>
</tr>
</thead>
<tbody>
<tr>
<td>Blasting</td>
<td>100+</td>
</tr>
<tr>
<td>Piling Worker</td>
<td>100+</td>
</tr>
<tr>
<td>Digging/scabbling</td>
<td>100</td>
</tr>
<tr>
<td>Concrete pouring</td>
<td>97</td>
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<td>Shovelling</td>
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<tr>
<td>Carpenter</td>
<td>92</td>
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<tr>
<td>Wheeled loader driver</td>
<td>89</td>
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<tr>
<td>Concrete grinding</td>
<td>85+</td>
</tr>
<tr>
<td>Sandblasting</td>
<td>85+</td>
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<tr>
<td>Guniting</td>
<td>85+</td>
</tr>
<tr>
<td>Concrete chipping/drilling</td>
<td>85+</td>
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<tr>
<td>Mill worker crushing</td>
<td>85+</td>
</tr>
<tr>
<td>Asphalt paving</td>
<td>85</td>
</tr>
<tr>
<td>General labouring work</td>
<td>84</td>
</tr>
<tr>
<td>Bricklayer</td>
<td>83</td>
</tr>
</tbody>
</table>

*Source: HSE INDG 127 ‘Noise in Construction’

3M™ Sound Detector SD-200

- A compact, lightweight sound level meter designed to accurately measure workplace noise levels.
- Green, yellow and red LEDs flash the colour that corresponds to the Optime Alert System, making it easy to select the appropriate level of hearing protection.
- Offers an integrating feature that computes the average sound pressure level, allowing for more accurate assessment of intermittent sound levels.

3M™ Noise Indicator

- Flashes red when noise levels are above 85dB and hearing protection is needed
- Simple, lightweight, easy-to-use, inexpensive
- Long battery life with rechargeable battery
- Device should be worn in a visible area using a simple clip or lanyard through the top loop.
- Size: 5 cm x 3.6 cm x 1.3 cm
- Lightweight: 17 g
3M™ Hearing Protection
For protection, comfort and ease of use.

3M™ 1100/1110 Disposable Earplugs
- Soft, foam material provides low pressure inside the ear
- Special formulation less prone to soak up water in humid environments
- Smooth surface helps prevent picking up unwanted dirt
- Attenuation 37dB (SNR)

3M™ E-A-R™ Express™ Earplugs
- The unique pod design allows the foam to compress easily so the plug slides gently into the ear and expands slowly
- The insertion grip makes handling easier
- No roll down required
- Attenuation 28dB (SNR)
- Made from moisture resistant foam ideal for hot/humid working conditions

3M™ E-A-R™ Classic™ Earplugs
- Made from a soft energy absorbing polymer foam which provides excellent hearing protection and all day comfort
- Ideal for use where noise is a problem either in work or leisure activities
- Moisture resistant. Can therefore be cleaned up to 3 times making them an extremely economical option
- Attenuation 28dB (SNR)

3M™ E-A-R™ Ultrafit™ Earplugs
- Premoulded earplugs
- Provides high level of attenuation
- Fits most ear canals
- Attenuation 32dB (SNR)
- Comfortable and provides excellent fit

3M™ E-A-R™ Push-Ins™ Earplugs
- A gentle push is all it takes for easy, consistent fitting
- Flexible stem allows hygienic insertion
- Tip is shaped and sized to mould comfortably to fit ear canals
- No roll down required
- Attenuation 38dB (SNR)

- Soft, smooth polyurethane cap design
- Reusable with replacement pods
- 3M™ Flexicap™ features hinged headband allowing for a variety of wearing positions without compromising other forms of PPE
- Attenuation 23dB (SNR)

3M™ Peltor™ Optime™ I,II,III Earmuff
- Lightweight providing high wearer comfort
- The sealing rings are broad and filled with soft plastic foam for the best fit and low contact pressure
- A range of attenuation levels available
- Dielectric version available without visible metal parts and also Hi-Viz for use on road construction sites, airports or other high-risk workplaces
- Neckband, headband, folding and helmet mounted options available

3M™ Peltor™ LiteCom™
Features and Benefits
- Comfortable
  - Plenty of space for the ear
- Convenient
  - Improves communication and safety
  - Level dependent function in stereo that lets you hear ambient sound: conversation, machine sounds and warning signals
  - Last setting is stored when switched off
  - Automatic shut-off after two hours if no function is used
- Effective
  - Battery life is about 1000 hours
  - Headset option with guide mounted microphone
  - Attenuation 31dB (SNR)
  - Available as Bluetooth™ headset (A2DP profile), Not compatible with WS adapters.
With protective eyewear often mandatory on construction sites, it’s important that it is comfortable to wear for long periods.

Many 3M safety spectacles and goggles include anti-scratch and anti-fog coatings and work well with 3M respiratory protection - reducing the common problem of safety eyewear “misting-up”. The products featured below offer “F” rated impact protection from low energy, high speed particles (spectacles) or “B” rated impact protection from medium energy, high speed particles (goggles). The 3M spectacles and goggles below also offer protection from ultraviolet light.

**3M™ SecureFit™ SF200 Series Safety Spectacles**
- Precision engineered safety eyewear featuring innovative 3M™ Pressure Diffusion Temple Technology
- The temples self-adjust to fit a wide array of head shapes and sizes
- Provide noticeably higher levels of personal comfort and security of fit while reducing the need to stock multiple frame sizes
- The stylish design weighs just 18g for lightweight comfort
- With anti-scratch and anti-fog coating
- Available in clear, grey and yellow variants

**3M™ Maxim™ RAS (Rugged Anti Scratch) Spectacles**
- RAS is an advanced anti-scratch lens coating designed to enhance eyewear
- At least five times more scratch resistance than any hard coat on any other 3M safety eyewear
- Keep lenses clear, and safer longer
- Fulfils the EN166 requirement for K Marking
- Lowers replacement costs by extending the life of the lens

**3M™ Tora™ CCS Spectacles**
- Designed to keep corded earplugs attached, untangled and ready to use
- Compatible with a variety of 3M™ corded earplugs
- Has a comfortable, lightweight frame
- Polycarbonate lenses absorb 99.9% of UV

**3M™ 2840 Comfort Line Spectacles**
- Adjustable temple arms for comfort and optimal fit
- Integrated browguard for increased protection
- Choice of lens options including clear, smoke, yellow and indoor/outdoor

**3M™ Solus™ Comfort Line Safety Spectacles**
- Purity of curved lens design provides user with optimal field of vision and coverage of eyes
- Lightweight at only 23g
- Available in six lens options: clear, bronze, yellow, indoor outdoor, red mirror and blue mirror

**3M™ Metaliks™ Sport Premium Line Safety Spectacles**
- Formable rubber tipped temples for extra comfort and adjustability
- Curved lens for superior eye coverage and optimal field of vision
- Available in four lens options: clear, yellow, blue mirror and grey

**3M™ LED Light Vision™ Premium Line Safety Spectacles**
- Equipped with adjustable ultra-bright LED with long battery life (over 50 hours)
- Frame has rubber temples and rubber nose pads for extra comfort
- Polycarbonate anti-fog lens protects against UV and impact at extreme temperatures.
- Ideal for lighting a dark zone while protecting your eyes and having hands-free for working
- Headlights available as a separate item

**3M™ 2800 Series Safety Goggles**
- Modern slim design combined with excellent field of vision
- Available in either sealed (for additional protection against fine particles and gases) or indirect ventilated designs (for improved air circulation and reduced fogging in hot / humid conditions)
- Polycarbonate or acetate lens options
3M™ Protective Coveralls
Built for protection, designed for comfort

3M has a select range of high quality stylish Protective Coveralls offering breathable comfort and protection you can rely on. The range provides peace of mind for effective use and protection against many industrial hazards.

Core 3M Features - The products featured below comprise the following features:

- Elasticated hood, waist and ankles for convenient safe wear and freedom of movement
- Two-way zip with storm flap for extra convenience and protection from contaminants
- Knitted cuffs for increased wearer comfort (4530+ and 4540+)
- No components made from natural rubber latex
- Sizes: from S to 4XL

**3M™ 4505 Protective Coverall**

The 3M 4505 is designed for light duty protection against non-hazardous liquids and dusts. Its robust laminated material is designed to offer a particularly good barrier to liquids and oils.
- Elasticated hood, cuffs, ankles and waist
- 2-way zip with storm flap
- Water and oil resistant

**3M™ 4515 Protective Coverall Type 5/6**

The 3M 4515 is available in a wide range of colours. The breathable fabric is designed to offer protection against hazardous dusts and limited liquid splash.
- Elasticated hood, cuffs, ankles and waist
- 2-way zip with storm flap
- Low linting
- 4 colours available: white, blue, red and orange

**3M™ 4530+ Protective Coverall Type 5/6**

The 4530+ is a high performance chemical protective coverall, certified to Type 3, 4, 5, 6 levels of protection, making it suitable to help protect against a range of chemical jets and sprays.
- Very breathable material for reduced heat stress and comfortable wear, yet providing excellent protection against hazardous dusts and light liquid chemical splashes (type 5/6)
- Fabric treated for increased alcohol and oil resistance
- 2 colours available: white and blue

**3M™ 4540+ Protective Coverall Type 5/6**

- Laminated microporous material offering excellent robustness and low linting properties
- Breathable back panel for improved air circulation and reduced heat stress
- Excellent protection against hazardous dusts (including particulate radioactive contamination) and light liquid chemical splashes (type 5/6)
- Colour – White

**3M™ 4565 Protective Coverall Type 4/5/6**

The 3M 4565 is designed to offer a very good barrier to hazardous particles and limited liquid splash and spray. It features taped seams and a soft, lightweight material.
- Elasticated hood, ankles and waist • 3-panel hood
- 2-way zip with fully sealable storm flap
- Knitted cuffs • Ultra low linting

**3M™ 4570 Protective Coverall Type 3/4/5/6**

The 4570 is a high performance chemical protective coverall, certified to Type 3, 4, 5, 6 levels of protection, making it suitable to help protect against a range of chemical jets and sprays.
- Uses advanced film technology offering a high level of both chemical hold out and mechanical strength
- Glued-in elastic waist to minimise entry points
- Two stormflaps combined with double colour-coded zip to create a double seal for added convenience and extra protection
- Taped ‘invisible’ appearance seams and particle tight fabric for reliable protection
- Elastic wrists and ankles for increased comfort and freedom of movement
- 3-panel hood design

Breathable comfort and protection you can rely on
High Visibility

Often, the safety of workers comes down to being seen, especially in the dark. Being hit by a moving vehicle is the third most common cause of injury in the construction sector. It is vital that workers wear reflective clothing offering maximum instant visibility and incorporating reflective components from a reputable manufacturer.

3M™ Scotchlite™ Reflective Materials provide brilliant reflection in vehicle headlights, ensuring construction workers are easily visible to drivers, so reducing the risk of accidents.

3M offers a range of reflective materials that:
- Are EN471 compliant
- Provide consistently high levels of brightness through 360°
- Are comfortable and light in weight
- Are easy to store and fold
- Are cost effective

For use on high visibility garments worn on construction sites, 3M provides:
- Scotchlite reflective material 8725 – a high durability, heat applied transfer film that forms a comfortable integral part of the garment.
- Scotchlite reflective materials 8910, 8925, 9910 and 9920 – sew on fabrics offering different levels of durability and wash temperatures.
- Scotchlite reflective material – High Gloss 7180 incorporating micro prismatic technology for a differentiated look.

3M™ Sorbents

3M sorbents can be used in a wide variety of applications ranging from simple maintenance to emergency spill clean-up. Sorbents help ensure your workplace is kept clean and safe and reduce damage to the environment.

Some can be used for general maintenance applications while others are designed to handle petroleum or chemical spills and clean-up.

- 3M™ Maintenance Sorbents – ideal for absorbing oil and other industrial fluids cleanly, safely and efficiently.
- 3M™ Oil Sorbents – for absorbing oil not water. Being hydrophobic (repels water) they are ideal for absorbing oil from areas where water may also be present.
- 3M™ Chemical Sorbents are the ideal solution for hazardous spill control. They provide very high absorption capacities and are suitable for absorbing a very wide range of liquids – even aggressive acids and alkalis.

3M™ Safety-Walk™ Antislip Tapes

Antislip surfacing offers a full range of floor level safety products to minimise risk in many industrial applications. Primarily for use on dry, wet, oily floors with intensive pedestrian or light vehicle traffic such as corridors, production and storage rooms, stairways, ladders etc.

General Purpose Grade
- Abrasive particles bonded by a tough, durable polymer to a dimensionally stable plastic film to provide an effective antislip surface in most shoe traffic applications.

Coarse Grade
- Large abrasive particles bonded by a tough, durable polymer to a dimensionally stable plastic film to provide an effective antislip surface in most shoe traffic applications.

Conformable Grade
- Abrasive particles bonded by a tough, durable polymer to an aluminium foil to conform to irregular surfaces.

For further advice, information and technical support about the 3M safety range of protective equipment, simply contact 3M Health and Safety through our dedicated helpline or on our website. 3M Health and Safety Helpline 0870 60 800 60 (UK) 1 800 320 500 (Ireland) 3M Health and Safety Online www.3M.co.uk/safety
Help and support

Need advice?

For advice, information and technical support about the 3M range of personal protective equipment, simply contact our dedicated Health and Safety helpline to talk to one of our specialists.

- Specialist support on all aspects of 3M PPE from selection to fitting and training
- Technical Bulletins on many hazard topics (e.g. asbestos)
- Guidance on regulatory issues (e.g. COSHH Compliance, fit testing)

Training Tools

Help educate your workforce on the need for PPE and the importance of its correct usage by using our handy tools:

- Fitting Videos for most 3M respirators
- Downloadable Toolbox Talks to aid employee awareness (see www.3M.co.uk/construction)
- Printed selection guides and posters
- Online respirator and hearing protection selector tools at www.3M.co.uk/safety
- Awareness presentations

A poster in Polish is available, aimed at highlighting the risks migrant construction workers are potentially posing to their health by failing to deploy appropriate hearing and respiratory protection.

Technical Bulletins

A range of bulletins on safety in the construction industry are also available:

- Asbestos
- Fit testing
- Noise in construction
- Noise detection instrumentation
- Respiratory protection
- Ear defenders

All of these materials are available free of charge from the 3M Health and Safety Helpline

Call the 3M Health and safety Helpline on 0870 60 800 60 (UK) or 1 800 320 500 (Ireland)