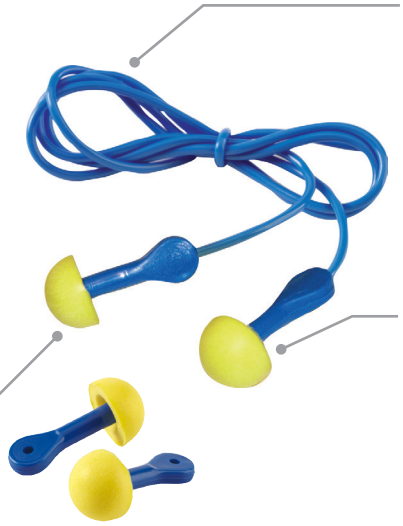
3M Science. Applied to Life.™

# 3M™ E-A-R™ Express™ Earplugs

## Key benefits:



### Fitting flexibility

- Tested in accordance with the requirements of EN 352-2:2020 using two-hand and one-hand fitting method
- Offers a substantiated one hand insertion claim to help fitting in challenging work and wear environments

### Protective

- Forms an effective seal at the entrance of the ear canal
- Compatible with 3M™ E-A-Rfit™ Dual Ear Validation System which measures the effectiveness of the earplug's protection level
- Plugs are kept hygienic and clean with no roll down required

### Convenient

- Available in both corded and uncorded versions
- No roll-down required – a gentle push is all it takes for easy, consistent insertion
- Semi flexible stem helps easy insertion and removal

### Comfortable

- Soft foam tip helps comfortably seal the ear canal

## Attenuation values

### Two hand insertion method

| | Frequency (Hz) *f* | | | | | | | | H | M | L | SNR |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | 63 | 125 | 250 | 500 | 1000 | 2000 | 4000 | 8000 | | | | |
| Mf (dB) | 27.8 | 24.1 | 27.3 | 26.7 | 29.1 | 35.3 | 38.0 | 39.7 | 34.3 | 29.2 | 27.2 | 32.2 |
| Sf (dB) | 5.5 | 5.2 | 5.0 | 4.8 | 5.0 | 3.3 | 4.4 | 3.5 | 3.3 | 4.2 | 4.4 | 3.8 |
| APVf = Mf - Sf (dB) | 22.3 | 18.9 | 22.3 | 21.9 | 24.1 | 32.0 | 33.5 | 36.2 | 31 | 25 | 23 | 28 |

### One hand insertion method

| | Frequency (Hz) *f* | | | | | | | | H | M | L | SNR |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | 63 | 125 | 250 | 500 | 1000 | 2000 | 4000 | 8000 | | | | |
| Mf (dB) | 26.4 | 22.4 | 25.8 | 25.6 | 28.9 | 35.3 | 37.4 | 39.1 | 34.3 | 28.7 | 26.2 | 31.8 |
| Sf (dB) | 5.8 | 3.9 | 4.5 | 3.6 | 4.8 | 4.3 | 3.6 | 3.6 | 3.5 | 3.8 | 3.7 | 3.6 |
| APVf = Mf - Sf (dB) | 20.6 | 18.5 | 21.3 | 22 | 24.1 | 31 | 33.8 | 35.5 | 31 | 25 | 23 | 28 |

### Key

***f*** = Test frequency

**Mf** = Mean attenuation value

**Sf** = Standard deviation

**APVf** = Assumed Protection Value

**H** = High-frequency attenuation value (predicted noise level reduction for noise with LC – LA = -2dB)

**M** = Medium-frequency attenuation value (predicted noise level reduction for noise with LC – LA = +2dB)

**L** = Low-frequency attenuation value (predicted noise level reduction for noise with LC – LA = +10dB)

**SNR** = Single Number Rating (the value that is subtracted from the measured C-weighted sound pressure level, LC in order to estimate the effective A-weighted sound pressure level inside the ear)

## Materials

The following materials are used in the manufacture of this product:

| Component | Material |
|---|---|
| Earplugs | Polyurethane foam |
| Cord | PVC |
| Stem | PVC |

## Ordering information

| Short ID | Description |
|---|---|
| **3M™ E-A-R™ Express™ Pod Plugs** | |
| EX01002 | 3M™ E-A-R™ Express™ Earplugs |
| EX01001 | 3M™ E-A-R™ Express™ Earplugs corded |
| **3M™ E-A-RFit™ Dual Ear Validation System** | |
| 393-1100 | 3M™ E-A-Rfit™ Dual Ear Validation System |
| EXPRESSP | 3M™ E-A-R™ Express™ probed test plug |

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