3M | E-A-R™ Hearing Protection

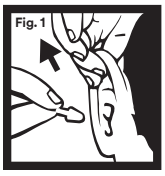
Push-to-fit Convenience

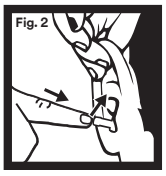
3M invented the push-to-fit earplug category, starting with the 3M™ Express™ Pod Plugs™, in the 1990's, to help make inserting earplugs easier. With earplugs that are easier to insert and comfortable, workers are typically more likely to wear their earplugs to help protect their hearing.

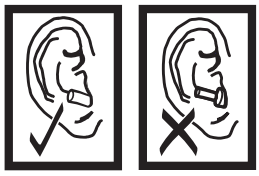
3M™ push-to-fit earplugs deliver a hybrid of our expertise in polyurethane foam technology married with unique stem designs to provide the comfort of foam earplugs without the need to roll down the foam tip. The thermoplastic fitting stem, which is stiff, yet flexible helps with insertion of the foam tip into the ear canal, and helps keep the foam clean even with dirty hands. The fitting stem works with gloved hands, too.

To properly insert push-to-fit earplugs, follow the traditional method of using 2 hands, one to pull on the outer ear to help straighten the ear canal and the other to push the earplug into the ear:

1. INSERT rounded ear tip into ear canal WHILE PULLING ear outward and upward with opposite hand. (Fig. 1)
2. HOLD PRESSURE on stem for a few seconds WHILE INSERTING. If needed, push stem from a different direction to make insertion easier. (Fig. 2)
3. The entire ear tip should be inside the ear canal.







CHECK FIT after inserting earplug:

- PULL earplug stem gently. Earplug should not come out of the ear easily. If it does, remove earplug and repeat fitting.
- LISTEN to steady loud noise with earplugs in both ears. Cover both ears with tightly cupped hands. Noise should sound about the same whether ears are covered or not.

3M push-to-fit earplugs come in a variety of shapes, sizes, and foam materials to help fit a variety of ear canal shapes and sizes, increasing the likelihood that most will find a model that fits them. 3M recommends that fit testing be part of the selection process to help select the model that will help provide the appropriate level of protection needed for the workplace exposure levels.

3M™ E-A-R™ Push-Ins™

Product #	Abbreviated Description	NRR
318-1000, 318-1002	Uncorded, Poly Bag	28 dB
318-1001, 318-1003	Corded, Poly Bag	
318-1004	Uncorded, Econopack	
318-1005	Corded, Econopack	
VP318-1001	Corded, Vending Pack	

3M™ E-A-R™ Push-Ins™ with Grip Rings

Product #	Abbreviated Description	NRR
318-1008	Uncorded, Poly Bag	30 dB
318-1009	Corded, Poly Bag	

3M™ E-A-R™ Push-Ins™ SofTouch™

Product #	Abbreviated Description	NRR
318-4000	Uncorded, Poly Bag	31 dB
318-4001	Corded, Poly Bag	

3M™ E-A-R™ Express™ Pod Plugs™

Product #	Abbreviated Description	NRR
311-1114	Corded, Pillow Pack, Blue Grips	25 dB
311-1115	Corded, Pillow Pack, Assorted Grips	
321-2200	Uncorded, Pillow Pack, Assorted Grips	
321-2100	Uncorded, Pillow Pack, Blue Grips	
VP311-1115	Corded, Vending Pack, Assorted Grips	

3M™ Pistonz™

Product #	Abbreviated Description	NRR
P1400	Uncorded, Poly Bag	29 dB
P1401	Corded, Poly Bag	

3M™ No-Touch™

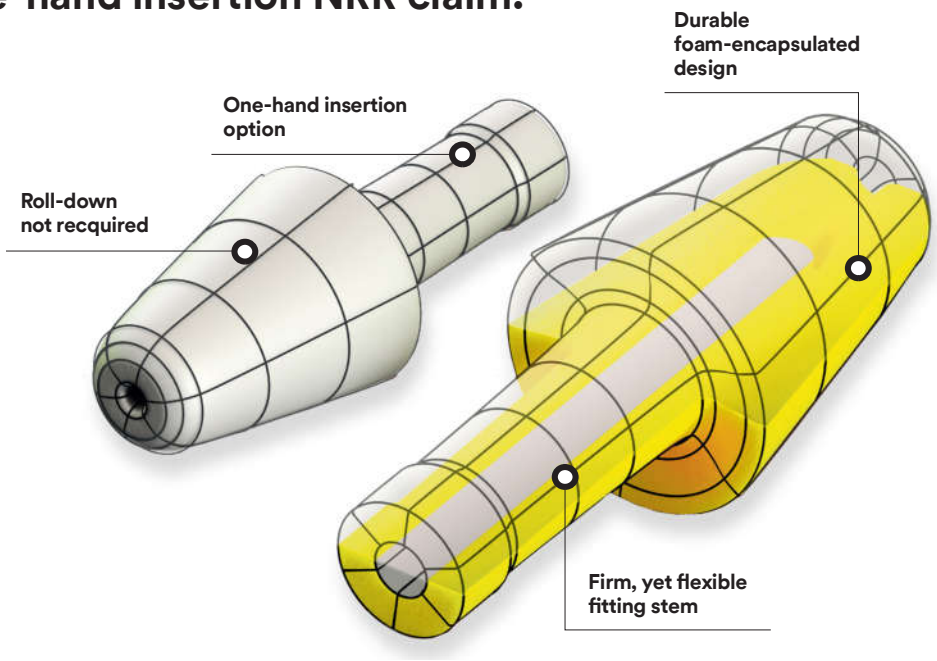
Product #	Abbreviated Description	NRR
P2000	Uncorded, Poly Bag	29 dB
P2001	Corded, Poly Bag	

3M™ Skull Screws™

Product #	Abbreviated Description	NRR
P1300	Uncorded, Poly Bag	32 dB
P1301	Corded, Poly Bag	
VP-P1301	Corded, Vending Pack	

The first earplug with a one-hand insertion NRR claim.

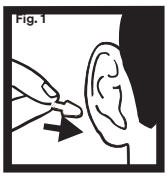
3M introduces the next generation push-to-fit category with the 3M™ E-A-R™ Flexible Fit Earplug line, starting with the HA model which has a high attenuation rating (30 dB) when using the traditional two-hand fitting method. It is the first earplug that has a NRR for a substantiated one-hand insertion (25 dB) as well. Like the first generation of push-to-fit earplugs, 3M™ E-A-R™ Flexible Fit has a soft foam tip and a flexible fitting stem that makes insertion into the ear canal easy. Now wearers have even more flexibility, with the option of one-hand or the traditional two-hand method.

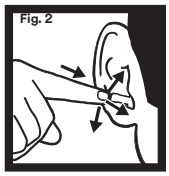


To properly insert 3M™ E-A-R™ Flexible Fit using a one-hand technique, which does not require pulling on the outer ear, do the following:

One-Hand Method

1. INSERT rounded ear tip into ear canal while holding stem with thumb and finger. (Fig. 1)
2. HOLD PRESSURE on stem for a few seconds WHILE INSERTING. If needed, push stem from a different direction to make insertion easier. (Fig. 2)
3. The entire ear tip should be inside the ear canal.





CHECK FIT after inserting earplug:

- PULL earplug stem gently. Earplug should not come out of the ear easily. If it does, remove earplug and repeat fitting.
- LISTEN to steady loud noise with earplugs in both ears. Cover both ears with tightly cupped hands. Noise should sound about the same whether ears are covered or not.

For either the one-hand or two-hand insertion methods, 3M recommends fit testing to help determine the likely attenuation an individual may get with 3M™ E-A-R™ Flexible Fit and the wearer's preferred fitting method (one or two hand).

Product I.D.	Description
328-1000	3M™ E-A-R™ Flexible Fit Earplug HA 328-1000, ANSI, uncorded, polybag, 400 pair per case
328-1001	3M™ E-A-R™ Flexible Fit Earplug HA 328-1001, ANSI, corded, polybag, 400 pair per case
393-2026-50	3M™ E-A-R™ Flexible Fit Probed Test Plugs, 393-2026-50, 50 pair per case


328-1000


328-1001


393-2026-50

View the complete line of 3M Push-to-Fit Earplugs at www.3M.com/PushToFitEarplugs

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MN 55144-1000, 3M.com/Hearing

For more Information:
Technical Service 1-800-243-4630
Customer Service 1-800-328-1667

Always read and follow User Instructions.

October 2019.

*3M strongly recommends fit testing of hearing protectors. Research suggests that many users will receive less noise reduction than indicated by the NRR due to variation in hearing protector fit, fitting skill and motivation of the user. If the NRR is used, 3M recommends that it be reduced by 50% or in accordance with applicable regulations.

Noise Reduction Rating (NRR) 25 dB for one-hand insertion and 30 dB for two-hand insertion.