

Many sounds, one sense of hearing. Protect it! #HearForLife

Have you heard?

40%
of employees
incorrectly select or use
hearing protection.¹

¹HSE Research Report RR720 'Real world use and performance of hearing protection'

Hearing protection is
in the same
**high-risk
Category 3**
as respiratory
protection and fall
protection, for example.



Types of hearing protection

Different types and product styles in hearing protection:

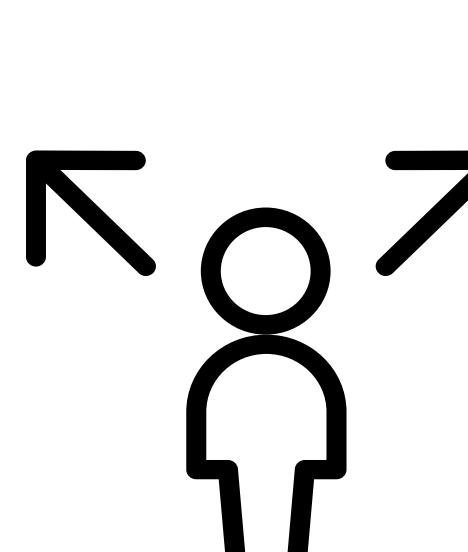
Passive



Earplugs
e.g. disposable,
reusable, push-to-fit,
banded



Earmuffs
e.g. headband,
neckband or
attachable versions



Electronic

In-ear solution

e.g. level dependent
earplugs



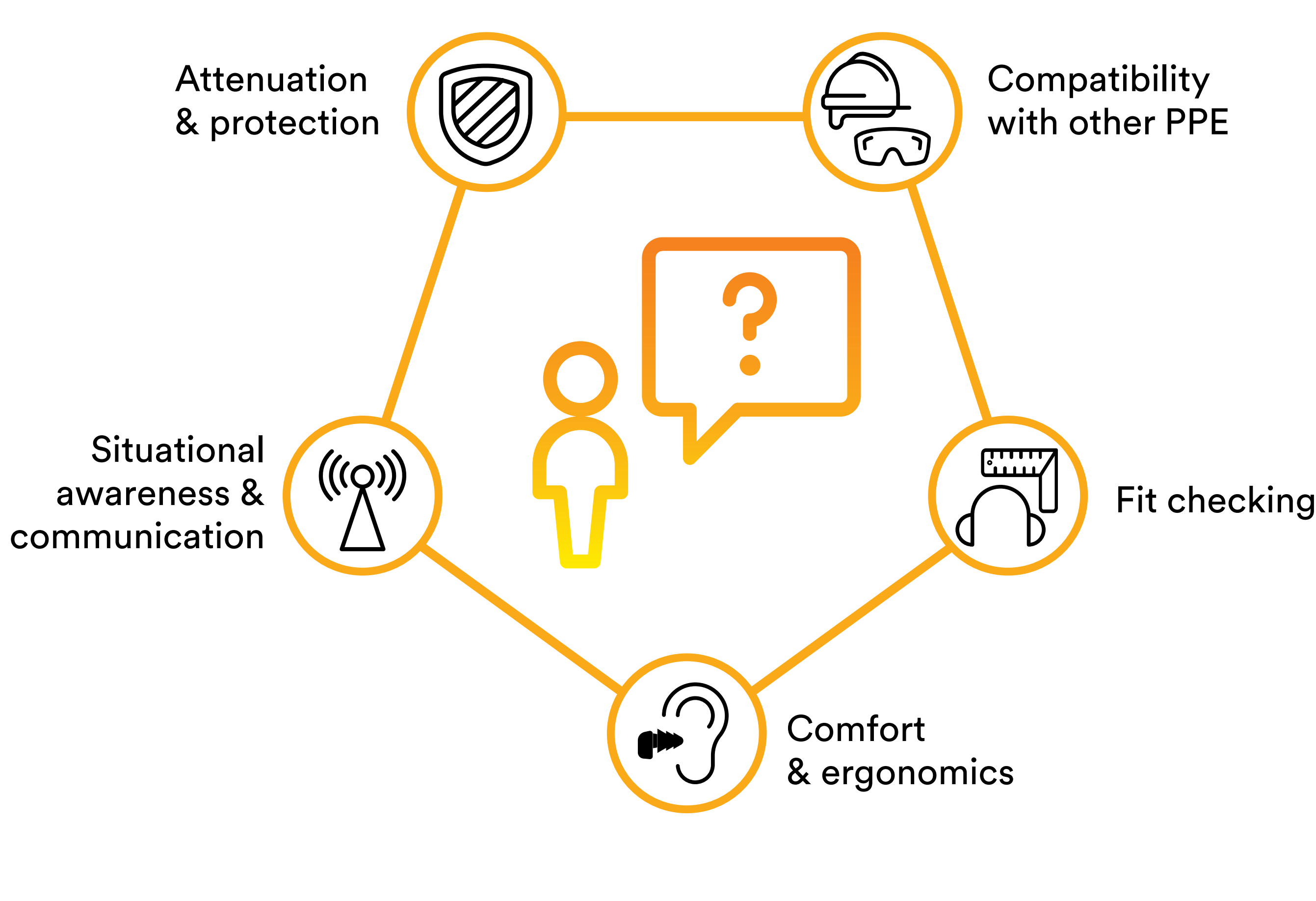
Over-the-ears

e.g. two-way comms or
wireless communication
accessory



Make the right choice

What to consider when choosing your hearing protection?



Let us help you **select!**

Use our online hearing advisor

Use our selection guide

Learn more on selection factors [Download the whitepaper](#)

Harmonised European Standard EN 352

Use only **accredited**
and **certified PPE**

Hearing protectors help reduce exposure to harmful noise and fall within the highest risk Category III within the Personal Protective Equipment (PPE) Regulation 2016/425 EU. It is important to use products that are certified against the PPE Regulation 2016/425 EU to ensure the product will help protect the wearer. This is typically achieved by testing products against the relevant part(s) of the Harmonised European Standard EN 352.

EN 352 is a family of standards, which includes performance requirement standards and test methods for covering many types of hearing protectors including passive and electronic hearing protection devices.

3 things you need to know about the **3-part standard**

1 EN 352 family of standards have been updated as a part of a periodic revision process. The revised standards have been harmonised following publication in the Official European Journal. [Learn more on the change](#)

2 The acoustical properties of hearing protectors are determined and reported in accordance with EN 13819-2, which supports the overarching requirement of the EN 352 family of standards. [Learn more on testing](#)

3 EN 352:2020 Part 3 specifies how mountable earmuffs need to be tested, dictating that all separate earmuffs should be tested and approved with the carrier that they are to be used with. [Learn more about approvals](#)

Compatibility with safety helmets

3M believes in the **importance of compatibility,** which is why we design products that are used in combination with other items of PPE such as safety helmets, for example. Our integrated solutions can help customers navigate through the process of finding the correct products that are suitable for the job and wearer.

You should only use a combination of earmuffs with carriers (e.g. safety helmets) that have been appropriately tested and certified against the PPE Regulation 2016/425 (EU).

Selected 3M Helmets

3M™ Safety Helmet G3000

Configurations for G3000

3M™ SecureFit™ Safety Helmet X5000/X5500

Configurations for X5000/X5500

3M™ Elevated Temperature Hard Hat G3501 Series

3M strongly recommends fit testing of hearing protectors to help validate fit as an integral part of training and motivation. It is an excellent way to demonstrate the effects of poor fit, especially when wearing multiple items of PPE such as earmuffs, safety helmets, safety eyewear intended to protect the wearer against different hazards.

Download our eBook to learn more on fit testing and 3M™ E-A-Rfit™ Dual-Ear Validation System.

Webinars

Enhance your HPE programme and EN352 knowledge with educational webinars!

Join the 3M Worker Health & Safety Webinars to gain expert insights and interactive learning to enhance your hearing protection equipment (HPE) programme and learn about EN352 standard changes.

Register now and elevate your HPE program to new heights!