

Working together for communication.

Discover how a holistic approach to PPE may help encourage 100% wear time.

Personal protective equipment (PPE) is most effective when worn properly, 100% of the time when exposed to hazards. PPE is often selected to protect workers against specific hazards, but workers seldom encounter hazards one at a time – which means they often need to wear multiple types of PPE at once. That's why we've introduced the **3M Integrated Protection Programme**,* a holistic approach to PPE that's more than the sum of its parts. It harnesses 3M's portfolio of PPE technologies and services that may be used by workers for their various needs, including comfort, fit, compatibility, communication, or performance.

Consider these potential PPE options* (for demonstration purposes only)

This is one example of a PPE combination; there are many potential combinations that may fit your needs depending on the environment, potential hazards and individual fit. Contact your 3M representative for help selecting your PPE options.



3M™ SecureFit™ X5000 Series Safety Helmet

- Exclusive patented 3M™ Pressure Diffusion Technology suspension system
- 6-point ratchet suspension allows wearer to customise height and fit with multiple levels of vertical adjustment
- Secure, comfortable head protection for working at heights and other hazardous industrial jobs



3M™ SecureFit™ Protective Eyewear 500 Series

- 3M™ Pressure Diffusion Temple Technology: temples flex and self-adjust to the size of the wearer's head
- Available with 3M™ Scotchgard™ Protector Anti-Fog Coating



3M™ PELTOR™ LiteCom Plus Headset, Hard Hat Attached

- Hearing protector with built-in analogue two-way communication radio
- Noise cancelling dynamic microphone provides voice-operated transmission for hands free use
- Use to help you communicate efficiently in high noise environments



3M™ DBI-SALA® ExoFit™ XE50 Safety Harness

- Revolving torso adjusters for quick and easy harness fit and adjustment
- Integrated pSRL tunnel lets you quickly and easily connect and disconnect personal SRLs
- Low-profile suspension trauma relief straps
- 3M™ Connected Safety IT (RFID) integrated for simplified inventory, inspection, and record management



Spotlight: Communication

Communicating clearly while wearing hearing and respiratory protection can be challenging. If workers remove PPE to communicate, protection may be compromised. PPE options with features that help allow communication without removing PPE may help encourage wear time.

[Download the brochure](#)

Selecting PPE options

- 1 Identify task hazards and controls
- 2 Consider environment, comfort, compatibility, communication and wearability needs
- 3 Select the appropriate comprehensive PPE options
- 4 Fit test to help ensure that PPE fits and works together

*3M Integrated Protection Programme refers to 3M's portfolio of personal protective equipment (PPE) options, technologies, and services, which may work together to help address one or more of the following worker needs, such as: comfort, fit, compatibility, communication, or performance. The depicted combinations are representative examples of which technologies may work together and are not comprehensive. Some environments or situations might require different or additional PPE. Selecting PPE is the responsibility of the employer and must be based on the work environment, specific hazards, and tasks involved. Fit testing is required to ensure that PPE combinations fit the individual wearer.

We can help you get started: Contact your 3M representative to learn about suggested PPE options to help meet your needs.

3M Integrated Protection Programme refers to 3M's portfolio of personal protective equipment (PPE) options, technologies, and services, which may work together to help address one or more of the following worker needs, such as: comfort, fit, compatibility, communication, or performance. The depicted combinations are representative examples of which technologies may work together and are not comprehensive. Some environments or situations might require different or additional PPE. Selecting PPE is the responsibility of the employer and must be based on the work environment, specific hazards, and tasks involved. Fit testing is required to ensure that PPE combinations fit the individual wearer.

Hearing Protection

WARNING

These hearing protectors help reduce exposure to hazardous noise and other loud sounds. Misuse or failure to wear hearing protectors at all times that you are exposed to noise may result in hearing loss or injury. For suitability and proper use follow local regulations, refer to all information supplied or contact a safety professional or your local 3M Personal Safety Division representative.

WARNING

3M strongly recommends personal fit testing of hearing protectors. Research suggests that users may receive less noise reduction than indicated by the attenuation label value(s) on the packaging due to variation in fit, fitting skill, and motivation of the user. Refer to applicable regulations or guidance on how to adjust attenuation label values. In the absence of applicable regulations, it is recommended that the attenuation label value(s) be reduced to better estimate typical protection.

Eye Protection

WARNING

These eye or face protection products help provide limited eye and face protection from flying particles, optical radiation, splash and/or other hazards. Misuse or failure to follow warnings and instructions may result in serious potential injury, including blindness or death. For suitability and proper use follow local regulations, refer to all information supplied or contact a safety professional or your local 3M Personal Safety Division representative.

Head Protection

WARNING

3M Head and Face Products provide limited protection only. Misuse or failure to follow warnings and User Instructions may result in serious personal injury or death. For suitability and proper use follow local regulations, refer to all information supplied or contact a safety professional or your local 3M Personal Safety Division representative.

Fall Protection

WARNING

Compliant fall protection and emergency rescue systems help prevent serious injuries associated with fall events. Users must read and understand the User Instructions provided with the product, and must be properly trained by their employers in the safe use of these systems before using them, per applicable local standards and regulations. Misuse or failure to follow warnings and instructions may result in serious personal injury or death. For suitability and proper use follow local regulations, refer to all information supplied or contact a safety professional or your local 3M Personal Safety Division representative.

Important notice

Product Selection and Use: Many factors beyond 3M's control and uniquely within user's knowledge and control can affect the use and performance of a 3M product in a particular application.

As a result, customer is solely responsible for evaluating the product and determining whether it is appropriate and suitable for customer's application, including conducting a workplace hazard assessment and reviewing all applicable national and/or European regulations and standards. Failure to properly evaluate, select, and use a 3M product in accordance with all applicable instructions and with appropriate safety equipment, or to meet all applicable safety regulations, may result in injury, sickness, death, and/or harm to property.

Warranty, Limited Remedy, and Disclaimer: A limitation of liability applies to the 3M product(s). For warranty statement and limitation of liability, refer to your supply agreement or the 3M terms & conditions of sale.

3M industrial and occupational products are intended, labeled, and packaged for sale to trained industrial and occupational customers for workplace use.



3M United Kingdom PLC
3M Centre
Cain Road, Bracknell
Berkshire RG12 8HT
Tel: 0870 60 800 60
www.3M.co.uk/safety

This document shows only a few options of personal protective equipment (PPE) and is not comprehensive. Some environments or situations might require different or additional PPE. Selecting PPE is the responsibility of the employer and must be based on the work environment, specific hazards, and tasks involved. For information on personal protective equipment, please visit www.3M.co.uk/safety or contact 3M PSD Technical Service

3M, DBI-SALA, ExoFit, PELTOR, Scotchgard and SecureFit are trademarks of 3M. Used under license by 3M subsidiaries and affiliates. © 3M 2026. All rights reserved.