

# 3M Hearing Protection at Work



## Fitting Disposable Foam Earplugs

### Step 1



Roll earplug slowly. Gradually increase pressure to compress to a very thin, crease-free cylinder.

### Step 2



Insert into ear canal while pulling ear outward and upward with opposite hand.

### Step 3



Check fit. Most of earplug should be deep inside ear canal.

### Removal Step

For greater comfort and safety, remove earplug slowly to gradually break the seal.

### Care and Cleaning

- ▶ Always fit your earplugs before entering a noisy or dusty area.
- ▶ Before fitting, inspect the earplug to ensure it's not torn or damaged.
- ▶ Ensure hair and jewelry do not interfere with fitting.
- ▶ These earplugs are designed as disposable items.

### Good Practice

- ✔ Check fit of hearing protector
- ✔ Use a hearing protector that works well for you
- ✔ Replace damaged, dirty or worn-out products
- ✔ Refer to the user instructions for additional information

**E-A-Rfit**



**3M strongly recommends personal fit testing of hearing protectors**

Please visit: [3m.com.au/earfit](https://3m.com.au/earfit) and [3m.co.nz/earfit](https://3m.co.nz/earfit)