3M Science. Applied to Life.™

3M Hearing Protection at Work



Fitting Reusable Earplugs

Step 1



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

Step 2



Adjust for best noise reduction.

Step 3



Check fit: Pull stem gently. If removed easily, repeat fitting.

Removal Step

For greater comfort and safety, remove earplug slowly with twisting motion to gradually breaking 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.
- Wash earplugs with mild soap and warm water as needed.

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 and 3m.co.nz/earfit

Warning: These hearing protectors help reduce exposure to hazardous noise and other loud sounds. Misuse or failure to wear hearing protection at all times that you are exposed to noise may result in hearing loss or injury. For correct use, consult supervisor and User Instructions, or contact 3M PSD in your area. © 3M 2025.