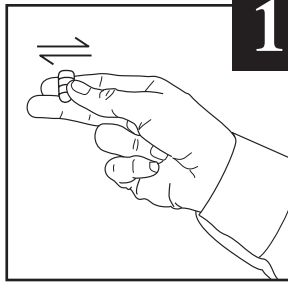


Fitting Instructions for 3M™ Hearing Protection

Issue Date 01/01/04

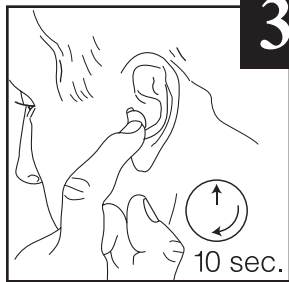
Fitting your Foam Ear Plugs before entering a hazardous noise area



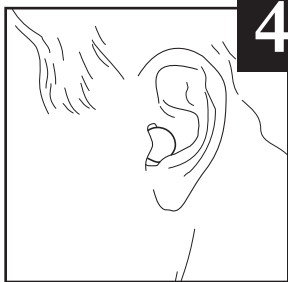
- 1** With clean hands, roll (don't squeeze) the ear plug between your thumb and first 2 fingers until the diameter of the plug is as small as possible.



- 2** Reach over your head with the opposite hand and pull the top of your ear to open the ear canal.



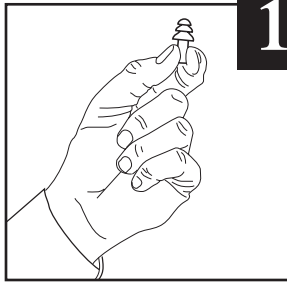
- 3** While you are holding the ear open, quickly push the rolled end of the plug into your ear, leaving enough of the ear plug outside the ear to allow removal.



- 4** Here is the disposable ear plug properly positioned in the ear canal. For best fit, at least 1/2 to 3/4 of the ear plug should be inside your ear canal.

Removing ear plugs: For greater comfort, twist the plug gently to break the seal before removing the plug.

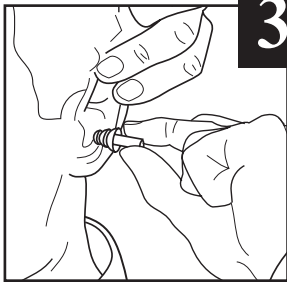
Fitting your Reusable Ear Plugs before entering a hazardous noise area



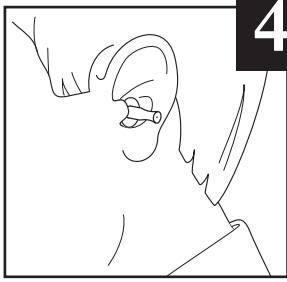
- 1** Hold the stem of the ear plug firmly behind the largest flange.



- 2** Reach over your head with the opposite hand and pull the top of your ear to open the ear canal.



- 3** Push the rounded tip of the plug completely into your ear canal, leaving the stem of the plug outside the ear.



- 4** Here is the reusable ear plug properly positioned in the ear canal.

Removing ear plugs: For greater comfort, twist the plug gently to break the seal before removing the plug.

3M™ Fitting Instructions for 3M™ Hearing Protection

Checking the fit of your Ear Plugs

1. Always fit your ear plugs so that they seal the ear closed. Once you put both plugs in, check the fit by talking out loud. Your voice should sound hollow, as if you are talking in a barrel. The noises around you should not sound as loud as they did before you put the plugs in.
2. Gently pull on the ear plug; it should not move easily. If the plug moves easily, remove it and re-insert it deeper into the ear canal making sure that 1/4 of the plug is outside the ear.
3. Re-check the fit often during the time that you wear the ear plugs. If necessary, leave the hazardous noise area and readjust the fit. If they become loose, you may lose your protection from noise.
4. The size and shape of each ear is unique. If you are unable to fit these ear plugs correctly and comfortably in both ears, notify your supervisor or consider wearing a different size or type of hearing protection.

⚠ WARNING: HEARING PROTECTION PRODUCTS

- These hearing protection products help prevent hearing loss against certain noises. To provide proper protection, the hearing protector should be (1) suitable for the job, (2) fitted properly in/on the ear, (3) worn during all times of exposure to noise, (4) replaced when damaged or otherwise necessary.
- Failure to fit and use ear plugs according to these instructions will reduce their effectiveness. Failure to wear hearing protectors 100% of the time that you are exposed to hazardous noise may dramatically increase your risk of developing hearing loss.
- Keep ear plugs away from infants and small children. They may get caught in the child's windpipe.

IMPORTANT

- **Wear hearing protectors all the time that you are exposed to loud noise.** *There is no such thing as "partial" hearing protection.* If you remove your ear plugs and subject your ears to loud noise for just a few minutes out of an 8-hour shift, you will get much less protection and may develop a hearing loss.
- **Give yourself time to get used to wearing ear plugs.** The feeling of having plugs in your ears will become more familiar after the first few times you wear them. You may want to switch between ear plugs and ear muffs, gradually increasing the time that you wear the plugs each day until you are comfortable wearing ear plugs all the time.
- **Wear clean plugs.** When foam plugs get dirty, replace them with a clean pair. When reusable ear plugs get dirty, wash them with mild soap and warm water, then rinse them well.
- **Look closely at your ear plugs each time you wear them.** Get a new pair of foam ear plugs every day. Examine the ear plugs before putting them in your ears. For both foam and reusable ear plugs, if you see a tear or other damage, throw the plugs away and get a new pair.

CAUTION

- Unless you have talked with your physician, do not wear ear plugs if there is any drainage from your ear, or, if you have a hole in your eardrum.
- Re-inserting dirty or soiled ear plugs into your ears may cause discomfort and/or skin irritation in the ear canal. Do not use hand creams or lotions immediately before rolling ear plugs and inserting them into your ears, as these substances may damage the ear plugs. Do not attempt to clean ear plugs with alcohol or other disinfectants.

For more information, please contact:

3M Occupational Health and Environmental Safety Division (OH&ESD)

In the U.S., contact:

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1-800-896-4223

Technical Assistance
1-800-243-4630

Fax On Demand
1-800-646-1655

Internet
<http://www.3M.com/occsafety>

For other 3M products
1-800-3M HELPS

In Canada, contact:

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