Putting Safety First

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Introduction

As one of the world’s leading suppliers of safety and protective equipment our goal is to ensure that we satisfy your needs through the provision of exceptional leadership, expertise, quality and service excellence. Our success is measured by your success. If we can make your life and that of your workforce easier, healthier, safer and more productive we are moving in the right direction.

We believe that health and safety is first and foremost about safeguarding worker welfare. A secure, safe working environment is paramount in any business. But we also believe that improving worker protection, comfort and productivity is a more ambitious goal. One we firmly believe in.

At 3M we don’t take safety for granted. The health and welfare of your workforce depends on it. So by working in association with skilled safety practitioners, partners and customers, our people are committed to ensuring that we help you create an environment that protects your workforce – effectively, efficiently and economically.

Your success is our achievement. To deliver on our commitment requires a culture of accountability, customer inspired innovation, knowledge and expertise, fuelled by a deep understanding of your needs and the safety needs of your workforce.

With our global technology, manufacturing and knowledge network we do more than simply develop products that ensure your workforce can operate in safety and comfort. We go further to provide good design, cross-over compatibility, expertise, comprehensive support and a continuously evolving range of product options.

You can buy 3M confident in the knowledge that products will do the job and more. You can also rest assured that our product range is backed by first class support materials and advice, so you’ll always know where to turn.

Bodyshop Hazards Introduction

This document aims to explain some of the hazards encountered in typical bodyshop applications and their associated health effects. It suggests the usage of appropriate 3M Personal Protective Equipment (PPE) as a last resort to reduce exposure to respiratory, hearing, eye and skin hazards. Whatever the situation, a thorough risk assessment should be carried out to ensure that the correct PPE is selected. The sorts of considerations to take into account include:

- What hazards are there?
- How are they produced?
- Can they be controlled by means other than PPE?
- If not, what level of protection is required and can it be worn comfortably?

Further Information

The HSE website www.hse.gov.uk contains detailed information and guidance in its Motor Vehicle Repair, Asthma and Science and Research sections.

For advice, information and technical support on the selection and use of 3M Personal Protective Equipment simply contact the 3M Health and Safety Helpline.

Safety Selection Guide

This guide is only an outline. It is designed to help focus on the most appropriate products in the 3M range for various applications and hazards. It should not be used as the only means of selecting a product. It is ultimately the responsibility of the employer to select the most appropriate PPE based on a full risk assessment. Details regarding performance and limitations are set out on the product packaging and data sheets.

### Selection Guide

<table>
<thead>
<tr>
<th>3M Product</th>
<th>2-Pack Paint Spraying</th>
<th>Polishing and Hand Finishing</th>
<th>Sanding and Grinding</th>
<th>Welding</th>
<th>Coatings, chemical handling, adhesives and sealers</th>
<th>Paint rectification</th>
</tr>
</thead>
<tbody>
<tr>
<td>Welding Shield (3M™ Speedglas Welding Helmet)</td>
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<td></td>
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<td>Safety Spectacles (Polycarbonate Lens) (3M™ 2720 or 2540 range)</td>
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</tbody>
</table>

For advice, information and technical support on the selection and use of 3M Personal Protective Equipment simply contact the 3M Health and Safety Helpline.

Monday to Friday 9am to 5pm
0870 240 4203
UK
1 800 509 402
Ireland
Sanding and grinding

Sanding and grinding activities generate airborne particles such as filler dust. When inhaled, larger particles can cause irritation of the nose, throat and upper airways. Fine particles can penetrate into the lung and can cause tissue damage leading to short and long-term respiratory health effects/diseases.

Filtering respirators are widely worn in bodyshops to reduce exposure to particles. They work by trapping particles as the ambient air passes through them when the wearer breathes. Filtering respirators must seal adequately to the wearer’s face, therefore, wearers must be clean shaven and have passed a face fit test. For further information, please see the 3M Technical Bulletin, Respirator Facepiece Fit Testing.

Particles generated by sanding and grinding can also impact onto the eyes causing injury. Goggles with impact resistance marked EN166 B are generally used to protect the eyes.

Harmful levels of noise can also be generated, particularly during grinding. Exposure to noise can lead to temporary or permanent loss of hearing. The health effects of exposure to noise are generally not immediate – the hearing deteriorates little by little, getting worse with time and is often not noticed until it’s too late.

Paint rectification

Machine compounding or polishing generates airborne particles. When inhaled, larger particles can cause irritation of the nose, throat and upper airways. Fine particles can penetrate into the lung and cause tissue damage leading to respiratory discomfort and diseases. Disposable filtering respirators are widely used in bodyshops to reduce exposure to these particles.

Products available:
- Disposable particulate respirator
  - Foldable
  - Cup Shaped
- Eyewear
- Hearing protection

Welding

Welding produces many hazards – electrical hazards, light hazards, metal fume, thermal hazards and sometimes gases. Metal fume consists of very fine particles which are lung damaging and cause short term adverse health effects such as metal fume fever and other longer term respiratory illnesses. Welding shields must be used to provide eye and face protection. Shields with auto-darkening lenses improve both safety and productivity. Respiratory protection worn under the welding shield will reduce exposure to metal fume.

Products available:
- 3M™ Speedglas SL, Welding Shield
- Welding fume respirator

Coatings, adhesives and sealers

Coatings, adhesives and sealers produce airborne hazards whether they are sprayed or brush/cloth applied. When they are sprayed, a fine mist is generated together with solvent vapour. When they are brush/cloth applied solvent vapour will become airborne. Solvent vapours, once inhaled, can be absorbed into the blood and if in sufficient quantity, cause damage to the liver, kidneys and brain. Filtering respirators offering protection against particles and vapours are typically used in these applications. Goggles should be used to protect the eyes.

Products available:
- Maintenance free respirator
- Eyewear
Disposable Particulate Respirators

State of the art features such as our 3M Advanced Electret Filter material which offers exceptional low breathing resistance and the 3M Cool Flow Valve that reduces heat build-up, set us apart from conventional respirators on the market. Combined with an ergonomic design for superior comfort, our wide range of patented technologies guarantee to deliver easy breathing and optimal protection against particle hazards. All products featured in this section are exempt from record keeping requirements.

Selecting and specifying the appropriate respiratory protective equipment may appear daunting, with multiple factors to consider – the equipment needs to not only provide appropriate protection for the job, but also be comfortable enough for the individual user to wear during the whole period of exposure.

The Selection of Respiratory Protection Equipment follows a basic 3M four-step method:

Step 1 Identify the hazards – dust, metal fume, gas, vapour etc
Step 2 Assess the risk – assess the hazard levels against safety standards and consider other protection – skin and eye
Step 3 Select a suitable respirator – disposable, half mask, full face, airline
Step 4 Training in fitting and use – to optimise respiratory protection

Which Protection FFP Factor?

<table>
<thead>
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<th>FFP2 Respirators</th>
<th>FFP3 Respirators</th>
<th>FFP2 Welding Respirators</th>
</tr>
</thead>
<tbody>
<tr>
<td>APF 10 NPF 12</td>
<td>Moderate levels of fine dust (up to 10 x WEL) and oil or water based mists</td>
<td>Higher levels of fine dust (up to 20 x WEL) and oil or water based mists</td>
<td>Moderate levels of fine dust (up to 10 x WEL) and oil or water based mists, metal fume and ozone (10 x WEL) and organic vapours below WEL.</td>
</tr>
<tr>
<td>APF 20 NPF 50</td>
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<td></td>
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<tr>
<td>APF 10 NPF 12</td>
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</table>

Classification Explained
When correctly used by a trained wearer who has passed a face fit test, an FFP2 respirator should reduce exposure to airborne particles by a factor of 10.

Speciality Respirators

The 3M™ 9914 Speciality Respirator offers relief against low levels of fine dusts and mists as well as nuisance odours such as hand applied polish.

- **Robust shell and cup design**
  - Conforms well to most face shapes and sizes.
  - Maintains its shape well during use.
  - Is collapse-resistant.

- **3M Advanced Electret Filter Media**
  - Effective filtration combined with low breathing resistance.
  - Consistent high quality performance.

- **3M™ Cool Flow Valve**
  - Effective removal of heat and moisture build up provides a cooler and more comfortable wear.
  - Removes exhaled air and minimises the risk of misting eyewear.

- **Colour coded straps**
  - Easy to recognise performance level by colour coded straps (yellow = FFP1).

- **Carbon layer**
  - Provides protection against nuisance level organic vapours (below WEL).

Compatibility
3M Disposable Particulate Respirators are compatible with other 3M products:
- Eyewear (page 26-31)
- Hearing Protection (page 23-25)

Advisory Note:
Please note this is an FFP1 respirator intended for use with low level particulates and is therefore unsuitable for moderate or high levels of fine dusts and mists.
Cup-Shaped Valved Respirator

The 3M™ 06922 Disposable Particulate Respirator provides protection against moderate levels of fine dusts and mists.

- Robust shell and cup design
  - Maintains its shape well during use.
  - Conforms well to most face shapes and sizes.

- 3M Advanced Electret Filter Media
  - Effective filtration combined with low breathing resistance.
  - Consistent high quality performance.

- 3M™ Cool Flow Valve
  - Effective removal of heat and moisture build up provides a cooler and more comfortable wear.
  - Removes exhaled air and minimises the risk of misting eyewear.

Compatibility

3M Disposable Particulate Respirators are compatible with other 3M products:
- Eyewear (page 26-31)
- Hearing Protection (page 23-25)

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<tbody>
<tr>
<td><strong>Product Number</strong></td>
</tr>
<tr>
<td>06922</td>
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</tbody>
</table>

Foldable Valved Respirator

The 3M™ 06923 Disposable Particulate Respirator provides protection against moderate levels of fine dusts and mists.

- Foldable – 3-panel design
  - Fits a wide range of face shapes and sizes.
  - Accommodates greater facial movement during speech so much more comfortable to wear.
  - Easy to store when not in use.

- Nose Foam
  - Made of sweat absorbent material.
  - Soft on the skin.
  - Easy to achieve compatible fit with eyewear to reduce the risk of misting.

- 3M™ Advanced Electret Filter Media
  - Effective filtration combined with low breathing resistance.
  - Consistent high quality performance.

- 3M™ Cool Flow Valve
  - Effective removal of heat and moisture build up provides a cooler and more comfortable wear.
  - Removes exhaled air and minimises the risk of misting eyewear.

- Headbands
  - Secure fits evens out pressure to ensure comfort on the neck, face and head.

- Individual packaging
  - Hygienic packaging protects the respirator from contamination before use.
  - Allows practical storage and dispensing in the workplace.

<table>
<thead>
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</thead>
<tbody>
<tr>
<td><strong>Product Number</strong></td>
</tr>
<tr>
<td>06923</td>
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</tbody>
</table>
Welding Fume Respirator

3M™ 06920 Welding Fume Respirator is designed specifically for welding applications, providing protection against moderate levels of fine dusts and mists, as well as welding fume and ozone gas.

- Robust shell and cup design
  Flame retardant outer surface minimises the effect of welding splatter.
  Conforms well to most face shapes and sizes.
  Is collapse-resistant.

- 3M™ Cool Flow Valve
  Effective removal of heat and moisture build up provides a cooler and more comfortable wear.
  Removes exhaled air and minimises the risk of misting eyewear.

- Adjustable braided headbands
  Help achieve a firmer fit and provide comfort to face, head and neck.

- Carbon layer
  Provides protection against ozone gas and relief from nuisance level odours (below WEL).

Super Light Welding Shield

Speedglas™ super light auto-darkening welding shield, uses liquid crystal technology to ensure outstanding optical quality and switching performance. The Speedglass SL Welding Shield is non-absorbent, so it retains its performance in high humidity.

- Easily adjustable headband
  Quick release headband enables the headband to be loosened without having to remove gloves.
  Pattern of holes enhances wearer breathability.

- Outer Protection Plate
  Quickly removed and replaced by hand.

- Snap Adjustment
  Four settings enable the shield to be moved either closer or further away from the wearer’s face.
  Back and forth adjustments allow for personal preferences, for example differences in nose sizes, safety glasses or use of 3M respirators.

- Adjustable angle
  Adjust the tilt of the shield to set a preferred viewing angle.

- Auto darkening filter
  Suitable for most arc welding processes.
  Four user-selectable sensitivity settings.
  Five dark state levels: 8, 9, 10, 11 and 12.

- Motion Detector
  Automatically turns the filter on and off as the welder picks up or sets down the shield.

- 360 gram lightweight shield

3M™ 06920 Welding Respirator
EN489:2001 FFP2
APF 10
NPF 12

3M™ 06920 Welding Fume Respirator

Technical Data

<table>
<thead>
<tr>
<th>Approvals</th>
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<th>Face Protection</th>
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<tbody>
<tr>
<td>Conforms to</td>
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<td>EN 379</td>
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<td></td>
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<td>EN 175</td>
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<tr>
<td>Switching time, light-to-dark</td>
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<td>Switching time, dark-to-light</td>
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<td>UV/IR Protection</td>
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<td>Viewing Area</td>
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<tr>
<td>Light state</td>
<td>Shade 3</td>
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<tr>
<td>Dark state</td>
<td>Shade 6 – 12 (variable)</td>
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<td>Weight</td>
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<td>Battery life time</td>
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<td>Range of temperature Use</td>
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</tr>
<tr>
<td></td>
<td>Storage</td>
<td>-30°C to +70°C</td>
</tr>
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</table>

Note: The Speedglas SL welding filter cannot be installed into this Speedglas 9000 or Speedglas Utility shields. The Speedglas SL shield is not available with CO₂ reduction, SideWindows™ or powered and supplied air respiratory systems.
Premium Comfort Half Masks

3M™ 7500 Series Half Masks offer unrivalled comfort from the exceptionally soft silicone face seal.

- **Nose Bridge**
  Special thin nose bridge that improves flexibility and lowers pressure in this region – the most commonly sited area for face seal discomfort. Designed to be compatible with the 3M™ Eye Protection range.

- **Head Harness**
  Reduces pressure on back of head and tension on face. Drop down capability for when not in use. Excellent compatibility with headgear.

- **Soft pliable silicone face seal**
  Provides exceptional comfort and performance. Silicone material provides more flexibility and lighter contact with face. Fits an extremely broad range of face shapes and sizes. Weephole helps eliminate sweat accumulating between face and face seal.

- **3M™ Cool Flow Valve**
  Improves user comfort by lowering the breathing resistance rapidly reducing heat and moisture build up by efficiently removing exhaled breath. Reduces the fogging of eyewear as the valve directs exhaled air downwards.

- **Filters**
  Twin side mounted filters give more balanced feel and better field of vision. Integral filter seal rings reduces need for separate gasket. Large range of cost-effective filters. Swept back unique 3M bayonet filter attachment system provides a safe and secure fit. Low profile of mask and filters on the face so easier to fit under welding shields and visors.

- **Cost effective**
  Use until damaged, particulate filters clog or gas filters become saturated or after one month (whichever occurs first).

- **Convenience**
  Resealable bag provides convenient and clean storage between uses.

- **Extras**
  Spray-mist pre-filter is available to help prolong the life of the main particulate filters (3M 400 (06770) Overspray Guard).

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Maintenance Free Respirator

3M™ 06941 Respirator incorporates a unique design with integral filters. They are exempt from the maintenance requirements of the COSHH regulations if disposed of within one month.

- **Flexible face piece**
  Low profile design for better peripheral vision. Lightweight well balanced design. Soft, non-allergenic material with textured face seal.

- **Built in filters**
  No maintenance records are required if it is disposed of within one month. Four versions available, each offering protection against differing hazards throughout industry. One piece maintenance free construction.

- **Exhalation Valve**
  Central position for effective removal of heat and moisture build up within face piece.

- **Adjustable head cradle and neck straps.**
  Stable secure fit. Easy to fasten neck strap.

- **Cost effective**
  Use until damaged, particulate filters clog or gas filters become saturated or after one month (whichever occurs first).

- **Convenience**
  Resealable bag provides convenient and clean storage between uses.

- **Extras**
  Spray-mist pre-filter is available to help prolong the life of the main particulate filters (3M 400 (06770) Overspray Guard).
Reusable Respirators and Filters

Over prolonged periods of use, 3M reusable respirators offer exceptional value and quality, and all combine unrivalled comfort with ease of use.

The following diagram is designed to help you select the correct 3M filter product code for your application:

Depending on the filter you select, your respirator can protect against particulates, gases and vapours or a combination of the two. To make life easier, the reliable 3M Bayonet Filter Fixing System allows the filters to be clicked into place quickly and securely.

3M Facepiece

![Diagram of 3M Facepiece]

1. P2 Particulate Protection
   - Product Code: 3M™ 2125
   - Extremely lightweight
   - Low breathing resistance
   - Low profile gives unobstructed field of vision

2. A2 Gas and Vapour Protection
   - Product Code: 3M™ 06915
   - Lightweight for optimal weight distribution
   - Unique low profile trapezoidal shape gives unobstructed field of vision

3. P3 Particulate Protection
   - Product Code: 3M™ 2135
   - A1 Gas and Vapour Protection
   - Product Code: 3M™ 06911

How long will the filter last?

Gas/vapour filters should be changed as soon as “breakthrough” occurs (i.e. safe level of hazard can be smelt or tasted)*

Particulate filters should be changed when breathing resistance becomes difficult (i.e. breathing is against a clogged filter)

For substances with low warning properties (i.e. with no or little smell or taste e.g. isocyanate paints), supplied air respirators should be used rather than a mask and filters, since “breakthrough” cannot be detected with this type of substance.

* It is advised to not routinely rely on smell or taste but to change filters before breakthrough. Your company risk assessment and certain 3M filters may also specify different instructions on a more regular filter change schedule. Please read all manufacturers instructions before use.

Available in three sizes distinguished by different colours

- 3M™ 6700 - small (light grey)
- 3M™ 6800 - medium (grey)
- 3M™ 6900 - large (dark grey)

Accessories for 3M Full Face Mask

- 3M™ 105 (06775) Face Seal Wipe

Filter Selection Guide

<table>
<thead>
<tr>
<th>Product Number</th>
<th>Sanding</th>
<th>Grinding</th>
<th>Painting Rectification</th>
<th>Coating</th>
<th>Adhesives</th>
<th>Sealers</th>
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</tbody>
</table>

Full Face Mask

The 3M™ 6000 Series Full Face mask is one of the lightest, most well balanced masks available with long wearing comfort and an easy to fit design.

- **Functional Design**
  - Soft, hypo-allergenic elastomeric face piece.
  - Extremely lightweight (400 grams) for high comfort (excludes filters).

- **Full Face Lens**
  - Broad field of vision.
  - Polycarbonate lens, scratch and impact resistant to EN166:B.

- **4 Strap Head Suspension**
  - Easy to put on and take off.

- **3M™ Cool Flow Valve**
  - Helps reduce heat build-up inside the respirator.
  - Humid exhaled air escapes efficiently through the valve, centre position and innovative design effectively manages the removal of exhaled air.

**Filters**

- Twin filter design gives a more balanced fit by avoiding a heavy single filter at the front.
- Swept back filter positioning for unobstructed field of vision.
- Large range of cost-effective filters.
- Unique 3M bayonet filter attachment system for a safe and secure fit.

3M™ 6800 Full Face Mask

- Medium
- EN136:Class1

![Image of 3M™ 6800 Full Face Mask]

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**Hazard Information**

**Spray painting vehicles**
Spray painting of vehicles is one of the main activities undertaken in a bodyshop. As a recommended step towards reducing exposure to paint mist, paint spraying should always be carried out in a spray booth or spray room.

**Spray booths:**
Spray booths are specially designed to extract and filter the air inside them thus reducing the sprayer’s exposure to paint mist and minimising the chance of contaminated air affecting other areas of the bodyshop.

**Spray rooms:**
Spray rooms are dedicated rooms constructed with fans in the walls. The fans draw the contaminated air from the room. The air removed from the room must be effectively filtered to prevent contaminated air re-circulating into the room or affecting other areas of the bodyshop.

**Health hazards:**
The primary hazard to health from paint spraying in bodyshops is through exposure to isocyanates. Isocyanates are present in the hardener or activator component of 2-pack paints. When the mixed paint is sprayed, the isocyanate is present in the paint mist created by the over-spray. The paint mist is very fine and is invisible under normal lighting.

Isocyanates are potent respiratory sensitisers and a main cause of occupational asthma in the workplace today. Exposure to isocyanates can lead to the sprayer becoming sensitised, meaning that further exposure, even to very small amounts, can lead to breathing difficulties associated with asthma, such as an asthma attack.

An unprotected sprayer will be exposed to high levels of isocyanates in a spray booth and very high levels in a spray room. Therefore, appropriate respiratory protective equipment (RPE) must be worn during spraying.

The serious consequences of exposure to isocyanates have led to the publication of detailed guidance from the Health and Safety Executive (HSE).

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**RPE to reduce exposure to isocyanates:**
Filtering respirators are unsuitable for the spraying of 2-pack paints. Sprayers are required to wear air-fed RPE. One of the following three types of RPE should be considered:

**Air-fed visor:**
Air-fed visors are commonly used by sprayers. When properly worn and maintained they will significantly reduce exposure to isocyanates. One common misuse of this equipment is the lifting of the visor to inspect recently completed work. While the visor is lifted the sprayer could inhale the fine paint mist that surrounds them, leading to isocyanate exposure.

**Product Available**
- **Visionair**

---

**Air-fed full face mask:**
Air-fed full face masks also provide a good level of protection against paint mist and they are less prone to misuse by lifting. Visor peel-offs are often used to allow the sprayer to keep a clear view of their work.

**Product Available**
- **Full Face Mask (6000 Series) with Supplied Air System (06971)**

---

**Air-fed half face mask:**
Air-fed half face masks should be used with separate eye protection. As this equipment has a lower level of protection than that traditionally used for spraying, current HSE guidance requires that wearers undergo biological monitoring (urine testing) to check that sufficient protection is achieved. This is particularly important in spray rooms where higher concentrations of isocyanates will be encountered.

**Product Available**
- **Half Face Mask (7500 Series) with Supplied Air System (06971)**
- **Acetate Lens Goggles (2790A)**

All these types of equipment are fed by an air supply from a compressor. It is important that the air supplied is available in sufficient volume continuously and is of acceptable breathable quality. To ensure this, air supplied to RPE must be regularly tested for quantity and quality as per the European standard EN 12021. Please see the 3M Technical Bulletin, Breathable Air Quality for further information.

**Clearance time**
It is known that exposure to isocyanates occurs when RPE is removed after a paint job and before the invisible paint mist has had a chance to adequately clear from the spray booth or room. Guidance from the HSE advises that clearance can take up to 5 minutes in a spray booth and can be more than 20 minutes in a spray room. For further information on calculating clearance times, please see the HSE website.

---

**Skin protection**
Disposable, hooded coveralls together with nitrile gloves are generally used by sprayers.

**Product Available**
- **Protective Coverall**
Supplied Air Systems

3M™ Supplied Air Regulators provide a smooth adjustable airflow with optimum comfort. They offer protection against dust, mists, fumes, gases or vapours plus combination hazards such as paint spray.

Supplied Air Systems

3M Visionair System
APF=40, NPF=200

06971 and 7500 Series Half Mask System APF=20

06971 and 6000 Series Full Face Mask System APF=40

3M Visionair 500HV System
Includes visor, breathing tube, regulator and Y-piece to allow HVLP spray gun connection

Belt Unit Couplings
CEJN 530-12-53P

Premium Line Goggles
2790A
Premium Line Goggles (Acetate Lens)

Compressed Air Supply Tubes
5m CAST OR 10m CAST

30m CAST also available

Air supply Tube Coupling Sets
CEJN 530-12-81P

Compressed Air Supply Tube and Couplings
CEJN 530-12-81P

OR

C-251 10m Air Supply Tube including CEJN Air Supply Coupling

C-252 20m Air Supply Tube including CEJN Air Supply Coupling

3M Aircare Filter Unit (Optional extra)
The unit provides high quality air from an external source of compressed air by removing water and oil droplets, solid particles and odours. The unit removes condensation and contamination from within the air system before it is delivered to the user. If you intend to use the Aircare with the airfed CAST range, it is advised to purchase another set of CAST couplings.

Inlet port: ½” BSP; Outlet port: 3/8” BSP; Pressure gauge port: ¼” BSP

Supplied Air Respirators

Supplied Air Visor System

3M™ Visionair™, durable, lightweight air-fed paint spray respirator with clear view headtop provides smooth airflow and offers protection against dusts, mists, fumes, gases or vapours.

- Visual Air Flow Indicator
  Immediately alerts the wearer of a reduction in airflow. Indicator within the wearer’s field of vision.

- Adjustable headband ratchet
  Ensures a comfortable fit.

- Flip-up visor
  Broad field of vision. Replaceable.

- Replaceable face seal
  Increased hygiene

- Adjustable lightweight regulator
  Changeable to left or right hand use. Low profile, robust and well balanced ensuring wearer comfort. Quick release breathing tube.

- Overhood
  Protects the wearer from backspray

Spray gun attachment (included)
Easy to attach.

Protection
Suitable for most paint spraying applications.

Replacement Parts

<table>
<thead>
<tr>
<th>Accessories (sample list only)</th>
<th>CAST (10m)</th>
<th>308-00-30P</th>
</tr>
</thead>
<tbody>
<tr>
<td>Belt unit couplings (CEJN)</td>
<td>530-12-53P</td>
<td></td>
</tr>
<tr>
<td>CAST couplings (CEJN)</td>
<td>530-12-81P</td>
<td></td>
</tr>
<tr>
<td>Aircare filtration unit (Wall Unit)</td>
<td>ACU-01</td>
<td></td>
</tr>
</tbody>
</table>

Overhood 57905
Foam face and brow seal 57906
Acetate visor 57907
Peel off visor 57908
Comfort band 57909
Filter Element 57910
Face seal 50024
Foam brow seal 50025
Air Quality and Fit Testing

Respirator Facepiece Fit Testing
Fit testing checks that a respirator provides an adequate seal to the wearer’s face and is an industry wide requirement.
Fit testing should be carried out on all wearers of respirators with tight fitting facepieces where testing has not been carried out before. If necessary testing should be repeated at appropriate times, such as if the wearer’s face shape changes due to weight loss or gain, or facial surgery.

3M Fit Test Kits

3M Breathable Air Quality Testing
The COSHH (Approved Code of Practice) requires that air supplied to breathing apparatus should be tested at least every three months to ensure that it meets the standard for air purity as laid out in EN 12021.

The 3M Breathable Air Quality Service provides:
- A briefing where required, on the test procedure
- Testing of the breathable air for oxygen levels and contaminants e.g. water, oil, carbon monoxide and carbon dioxide
- Flow tests to ensure that the air is supplied at the required pressure and flow rates
- Advice on suggested actions in the result of a failure
- Written set of test results
- Automatic notification for re-test as per your requirement

For full face masks, a quantitative fit testing method should be used. For further information about the 3M quantitative fit testing service contact our Safety Service Co-ordinator on 0161 237 6278.

3M offer two test kits FT10 (Sweet) and FT30 (Bitter). Each kit contains a hood and collar assembly, two nebulisers, sensitivity solution, test solution and detailed user instructions. A training CD is also included which features a step-by-step video demonstration of how to use the kit.

For full face masks, a quantitative fit testing method should be used. For further information about the 3M quantitative fit testing service contact our Safety Service Co-ordinator on 0161 237 6278.

Hearing Protection

3M has particular expertise in developing solutions for a wide range of applications and offers a comprehensive range of hearing protective products from disposable earplugs to hi-tech electronic ear muffs. All our hearing products are designed to provide protection, comfort and ease of use.

Excessive Noise and Hearing Loss
Excessive levels of noise can damage the sensory “hair” cells in our ears. These cells help process mechanical energy into the tiny electrical nerve impulses that our brain perceives as sound. Damage to these cells therefore results in a loss in our ability to hear certain sounds.

Hearing loss caused by exposure to noise at work continues to be a significant occupational illness. Recent research estimates that 170,000 people in the UK suffer deafness, tinnitus or other ear conditions as a result of exposure to excessive noise at work*.

Hearing protection can play a vital part in avoiding employee ill-health and the possibility of costly future litigation against the employer.

Changing Regulatory Requirements
As of April 2006 a new European Directive, 2003/10/EEC has been transposed into national law. Under the new legislation a new Limit Value of 87dB(A) at the ear must not be exceeded, and hearing protection must be made available where the sound levels are at or above 80dB(A), and strictly enforced where the sound levels reach or exceed 85dB(A).

Whilst a reduction in sound level by 5dB(A) may not at first glance appear significant, it is worth noting that a reduction of just 3dB(A) roughly equates to halving the sound energy level.

Compatibility
3M Hearing Protection products are compatible with other 3M products:

- Eyewear (page 26-31)
- Respiratory Protection (page 8-22)

* Source: www.hse.gov.uk
Ear Muffs

Designed for moderate to high noise attenuation this versatile range offers economical, lightweight yet durable ear muffs with helmet mounted options. All offer superb levels of comfort.

3M™ 1440 High Comfort ear muffs

- Comfortable
  
  Strong, wide headband provides low pressure and secure fit.
  
  2-point mounting headband provides low, even pressure and easy handling.

- Durable
  
  Contoured, foam filled cushions provide better slip resistance, reliable seal and remain soft over time.
  
  Slim, tough cups offer high impact resistance.

- Effective
  
  SNR of 27dB*

- Compatibility
  
  Designed to be compatible with other PPE

*Attenuation values at 8 octaves band frequencies available.

Ear Plugs

3M provides a wide selection of ear plugs which includes disposable, reusable and banded versions designed to combine comfort with effective protection.

3M™ 1310 Banded Ear Plugs

- Comfortable
  
  Soft round shape foam ear plugs for reduced pressure and a comfortable seal.

- Patented flexible band
  
  For easy manipulation and constant low pressure in the ear.

- Economical
  
  Easy to replace foam plug tips (3M™1311).

- Convenient
  
  Designed to fit behind the head or under the chin with minimal contact with clothing.

- Effective
  
  SNR of 26dB*

- Compatibility
  
  Designed to be compatible with other PPE

3M™ 1440 High Comfort Ear Muffs

3M™ 10100 Disposable Ear Plugs

- Comfortable
  
  Soft hypoallergenic foam material provides comfortable pressure inside the ear and high attenuation.

- Durable
  
  Special formulation material makes these plugs less prone to soak up water in humid environments to maintain performance.
  
  Smooth surface helps prevent picking up unwanted dirt for a more hygienic fit.

- Effective
  
  SNR of 37dB*

- Compatibility
  
  Designed to be compatible with other PPE

*Attenuation values at 8 octaves band frequencies available.
Eye Protection

As a trusted supplier of Respiratory and Hearing Protective Equipment, we understand that achieving a good fit between different pieces of Personal Protective Equipment may sometimes prove difficult.

That’s why we decided to extend our existing range of safety solutions to include safety spectacles and goggles. Our aim is to make your eyewear selection easier by offering a selected range of high quality, stylish and comfortable products that are suitable for a variety of hazards and are designed to be worn in conjunction with Respiratory and Hearing Protective Equipment.

Style
With modern and stylish designs, this is eyewear people will want to be seen in and be protected by.

Premium Protection
Premium features as standard – The 3M range of safety spectacles are all of the highest optical class (Class 1) and are supplied with durable Anti-Scratch and Anti-Fog coatings, and UV protection as standard.*

User Comfort
Innovative features make the 3M range of eye protection one of the most comfortable on the market.

Compatibility
Eye protection often needs to be worn in conjunction with other protective equipment. The 3M Eyewear range has been specifically designed to be compatible with 3M™ foldable respirators and 3M™ reusable half masks.

Support
Plus you can rest assured that the range comes with the high quality, training and technical support that you would expect from 3M.

Chemical Splashes
When handling hazardous chemicals, eye protection should be worn if deemed necessary by your risk assessment. The price of a pair of goggles is well spent versus the cost of a day’s labour spent waiting at the Eye Infirmary!

Impact Injury
Particles from grinding, sanding and cleaning can all cause damage to the eye and the sensitive area around it. Take time to ensure your workforce is protecting themselves.

Checklist for choosing suitable eyewear
Is it CE marked?
Does it fit with other PPE and respirator?

Lens Colours

Clear Lenses:
Clear lenses provide good mechanical protection as well as high UV protection by filtering the harmful UV rays. The lenses comply with EN170.

Smoke Lenses:
Smoke lenses comply with EN172 and are sunglare filters. They filter harmful UV rays as well as visible light offering UV and glare protection. They provide good recognition of signal lights. They also provide good mechanical protection.

Yellow Lenses:
Yellow lenses provide contrast enhancement and offer UV protection to EN170. They also provide good mechanical protection.

Classical Line Spectacles

Classic Line Spectacles are lightweight and offer the wearer high levels of comfort together with reliable protection.

- Style
Stylish and modern design, eye protection is more likely to be worn if it looks good.

- Premium protection
Optical clarity Class 1: highest class to ensure clear vision during wear for improved operator safety.
Anti-Scratch: features an extremely scratch-resistant coating ensuring improved durability.
Anti-Fog: A special coating which reduces fogging and ensures clearer vision.
UV Protection: reliable protection against specified levels of hazardous UV radiation.
Polycarbonate lenses for impact protection against high speed particles at low energy EN166FT.

- End user comfort
Extremely light and comfortable

- Compatibility
Slim nose bridge and flat temples for improved compatibility with other PPE.
Ideal combination with 3M™ foldable respirators and 3M™ reusable half masks.

*Except 3M™ 2700 Spectacles.

3M™ 02720 Classic Line Spectacles

Colour: Clear
Lens Material: Polycarbonate

3M™ 02721 Classic Line Spectacles

Lens Colour: Smoke for additional sun glare protection
Lens Material: Polycarbonate

3M™ 02722 Classic Line Spectacles

Lens Colour: Yellow for contrast enhancement requirements
Lens Material: Polycarbonate
Over-Spectacles

The 3M™ 2800 Safety Over-Spectacles are designed to fit over most users’ prescription spectacles with minimal interference. They offer an excellent coverage and field of vision, combined with a high level of protection against impacts.

- **Style**
  - Strong polycarbonate lens with anti-scratch coating.
  - Adjustable length temples (4 positions) for comfort and optimal fit.
  - Inclinnable lens for easy adjustment and maximum comfort.
  - Soft low profile temples for comfort and minimum interaction with prescription spectacles.

![3M™ 2800 Over-Spectacles](image)

**Colour:** Clear

**Lens Material:** Polycarbonate

---

Comfort Line Spectacles

Comfort Line Spectacles combine a modern design with various adjustment options leading to increased comfort and protection.

- **Style**
  - Stylish and modern design, eye protection is more likely to be worn if it looks good.

- **Premium protection**
  - **Optical clarity Class 1:** highest class to ensure clear vision during wear for improved operator safety.
  - **Anti-Scratch:** features an extremely scratch-resistant coating ensuring improved durability.
  - **Anti-Fog:** A special coating which reduces fogging and ensures clearer vision.
  - **UV Protection:** reliable protection against specified levels of hazardous UV radiation.
  - Polycarbonate lenses for impact protection against high speed particles of low energy EN166FT.
  - Yellow coloured lens for suitability in working environments which require enhanced contrast between light levels.

- **End user comfort**
  - Temple pivots enable the user to adjust the lens angle providing superior comfort, fit and vision clarity.
  - Soft temple tips: reduce pressure making them extremely comfortable to wear.
  - Adjustable temple length offers a secure and comfortable fit to suit the individual.

- **Compatibility**
  - Ideal combination with 3M™ foldable respirators and 3M™ reusable half masks.

---

**3M™ 02742 Comfort Line Spectacles**

**Lens**

- **Colour:** Yellow
- **Lens Material:** Polycarbonate

---

**Other 3M™ Comfort Line Spectacles**

- **3M™ 02740 Comfort Line Spectacles**
  - Lens Colour: Clear
  - Lens Material: Polycarbonate

- **3M™ 02741 Comfort Line Spectacles**
  - Lens Colour: Smoke for additional sun glare protection
  - Lens Material: Polycarbonate

---

**Selection Guide**

<table>
<thead>
<tr>
<th>3M™ Spectacles</th>
<th>Polishing</th>
<th>Hand Finishing</th>
<th>Hand Sanding</th>
</tr>
</thead>
</table>
**Premium Line Goggles**

With superior comfort, field of view and a modern ergonomic design, these goggles offer a high level of protection, making them ideal for use in extreme conditions against hazards such as particles, liquid droplets, gases and dust.

**Style**

Wraparound design gives increased wearer confidence.

- **Premium protection**
  
  *Optical clarity Class 1: highest class to ensure clear vision during wear for improved operator safety.*
  
  *Sealed design helps provide protection against liquids, dusts, gases and vapours.*
  
  *Broad, fully adjustable headband for optimum fit and reliable protection.*
  
  *Anti-Scratch: features an extremely scratch-resistant coating ensuring improved durability (02790 only).*
  
  *Anti-Fog: A special coating which reduces fogging and ensures clearer vision.*
  
  *UV Protection: reliable protection against specified levels of hazardous UV radiation.*

- **End user comfort**
  
  *Soft face piece and strap material provides wearer comfort.*
  
  *Shape and design help provide a comfortable and secure fit.*
  
  *Wraparound design gives an exceptional field of vision.*
  
  *Can be worn over most prescription spectacles.*

**Compatibility**

Ideal combination with 3M™ foldable respirators and 3M™ reusable half masks.

---

**3M™ 02790A Premium Line Goggles (Acetate)**

Acetate lens for excellent chemical resistance and protection against high speed particles of low energy EN166FT.

**3M™ 02790 Premium Line Goggles (Polycarbonate)**

Polycarbonate lens protects against high speed particles of medium energy EN166BT and molten metal.

---

**Selection Guide**

<table>
<thead>
<tr>
<th>Product Number</th>
<th>Sanding</th>
<th>Grinding</th>
<th>Paint Spraying</th>
<th>Chemical Handling</th>
</tr>
</thead>
<tbody>
<tr>
<td>2790</td>
<td>✓</td>
<td>✓</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2790A</td>
<td>✓</td>
<td></td>
<td>✓</td>
<td></td>
</tr>
</tbody>
</table>

---

**Selection Chart**

<table>
<thead>
<tr>
<th>Eyewear</th>
<th>Spectacles</th>
<th>Comfort</th>
<th>Goggles</th>
<th>Premium</th>
</tr>
</thead>
<tbody>
<tr>
<td>Product/Features</td>
<td>2800</td>
<td>02720 / 02721 / 02722</td>
<td>02740 / 02741 / 02741</td>
<td>02790 / 02790A</td>
</tr>
</tbody>
</table>

**Technical Features**

<table>
<thead>
<tr>
<th>Feature</th>
<th>Classic</th>
<th>Comfort</th>
<th>Premium</th>
</tr>
</thead>
<tbody>
<tr>
<td>Anti-Scratch (AS)</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Anti-Fog (AF)</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Ultra-violet (UV)</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>CE Marking</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>EN 166:2001</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Impact Resistance FT</td>
<td>FT</td>
<td>FT</td>
<td>FT</td>
</tr>
<tr>
<td>Resistance against liquid droplets, gas and dust</td>
<td>N/A</td>
<td>N/A</td>
<td>✓</td>
</tr>
<tr>
<td>Resistance against molten metal</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
</tr>
<tr>
<td>Lens material</td>
<td>PC</td>
<td>PC</td>
<td>PC</td>
</tr>
<tr>
<td>Optical Class</td>
<td>1</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>Lenses shade/colours</td>
<td>C</td>
<td>C/S/Y</td>
<td>C/S/Y</td>
</tr>
<tr>
<td>clear (C) = 1-1.2</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>smoke (S) = 5-2.5 (2741=5-2.1)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>yellow (Y) = 2-1.2</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Product Features**

<table>
<thead>
<tr>
<th>Feature</th>
<th>Classic</th>
<th>Comfort</th>
<th>Premium</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adjustable temple length</td>
<td>4 Positions</td>
<td>4 Positions</td>
<td></td>
</tr>
<tr>
<td>Temple inclination</td>
<td>✓</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Soft temple tips</td>
<td>✓</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Can be worn over a wide range of prescription spectacles</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Broad and adjustable head bands</td>
<td></td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Weight</td>
<td>24g</td>
<td>28g</td>
<td>112g</td>
</tr>
<tr>
<td>Frame Colours</td>
<td>Blue arms</td>
<td>Blue arms</td>
<td>Red pivots</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Light Blue Frame and Grey Band</td>
</tr>
</tbody>
</table>

**Applications**

These products can be used for a wide variety of applications. Typical examples include:

- Visitors use with prescription spectacles
- General Assembly Work
- Metal working and Grinding
- Chemical handling and Paint spraying

Tests show that the combinations are suitable for many wearers. However, compatibility with other personal protective equipment is subject to a number of variables and the user must make an appropriate selection depending on individual requirements.
Sorbents

3M™ Sorbents can be used in a wide variety of applications ranging from simple maintenance to emergency spill clean-up. Sorbents help ensure your workplace is kept clean and safe and reduce damage to the environment.

The benefits of 3M maintenance sorbents:
Promotes a cleaner, safer working environment.
Very easy to use and to retrieve.
Reduces the risk of contamination of finished products.
Reduces the risk of damage to valuable machinery.

3M™ M-F2001 Multi Format Sorbent

Convenient
All your sorbent needs in one box. Incorporating 3M’s high performance sorbent technology, this versatile product is 4 formats rolled into one.
Used closed, the multi-format acts as a boom; unfold once and it’s a pillow or open it right out to use as a pad or sheet.
Supplied in a convenient dispenser pack, the sorbent is perforated at 40cm intervals – simply tear off the amount required.

Effective
3M™ Maintenance Sorbent is highly absorbent (up to 25 times its own weight), absorbing most fluids very quickly and they are long lasting. Rapid deployment.

3M™ Disposable Spill Kit
A new and innovative way of dealing with everyday small quickly and easily. Everything you need in one kit!
Unique design allows safer clean up - less risk of injury.
Specially designed brush means no need to handle glass and the dustpan kit seals reducing exposure to broken glass.
Absorbs up to 1.5 Litres.

Paintshop Coveralls

3M™ 50198 Paintshop Coveralls offer breathable comfort and protection you can rely on. With the highest level of construction quality, the range provides peace of mind for effective use and protection against most industrial hazards.

3M™ 50198 Paintshop Coverall

Type 5/6 features

- Elasticated Hood, Waist and Ankles for convenient safe wear and freedom of movement
- Two-way zip for extra convenience and protection from contaminants
- Reinforced seams for increased robustness
- Knitted cuffs for increased wearer comfort
- Laminated microporous material
  Offering excellent robustness and lint free properties
- Breathable back panel
  For improved air circulation and reduced heat stress

Excellent protection
Against hazardous dusts and liquid chemical splashes

Colour
White

Anti-static
100% Silicone and Latex free
Sizes: from M to XXL

Dimensions 12cm x 15.2m, Case absorbency 119 Litres

Selection Guide

<table>
<thead>
<tr>
<th>Product</th>
<th>Alcohols, solvents, halocarbons and silicones</th>
<th>Crambox Oils (Oil, natural, synthetic)</th>
<th>Solvents (Toluene,ylene, Benzene, Paraffin)</th>
<th>Cutting Oils/ Forgings Fluids (Oil or mineral, emulsions)</th>
<th>Hydraulic Fluids (Oil, Water, Oil/Water emulsions)</th>
<th>Lubricants (Oil, Water, Silicone Oils)</th>
<th>Coolants/Heat Transfer Fluids (Water, Alcohol, Oil, Glycol)</th>
</tr>
</thead>
<tbody>
<tr>
<td>M-F2001 Multi Format</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Disposable Spill Kit</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
</tbody>
</table>

Symbol

- Chemical Protection Category III
- EN 340: Protective clothing
- EN 368: Chemical penetration
- EN 369: Chemical permeation
- prEN 13034: 1997: Limited protective performance
  Type 6: Against liquid chemicals (splashproof)
- prEN 13982-1: 2000: Limited protective performance
  Type 5: Against hazardous dry particles (splashproof)
- EN 1073-1: 1995: Protective clothing against radioactive particulate contamination
- EN 1149-1: 1995: Protective clothing Electrostatic properties

Selection Guide

<table>
<thead>
<tr>
<th>Product Number</th>
<th>2-Pack Paint Spraying</th>
<th>Polishing and Hand Finishing</th>
<th>Coating and Grinding</th>
<th>Cooling, chemical handling, abrasive and sundries</th>
<th>Paint rectification</th>
</tr>
</thead>
<tbody>
<tr>
<td>50198</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
</tbody>
</table>
Respiratory

**Dusts**
Produced when solid materials are broken down into fine particles. The longer dust remains in the air, the easier it is to inhale.

**Mists**
Tiny liquid droplets formed by atomisation and condensation processes such as spraying. Often a combination of several hazardous ingredients.

**Metal Fume**
Occurs when metals are vaporised under high heat. The vapour cools quickly and condenses into very fine particles that float in the air.

**APF - Assigned Protection Factor**
As detailed in HSG53, the level of respiratory protection that can realistically be achieved in the workplace by 95% of adequately trained and supervised wearers.

**NPF - Nominal Protection Factor**
The theoretical protection level of a respirator based on laboratory measured performance data.

**WEL**
Workplace Exposure Limit.

**FFP**
Filtering Face Piece.

**CE Marked**
Meets the requirements of EC Directive 89/686.

Filter Codes

- **P**  Particulates e.g. dusts, mists, metal fume
- **A**  Organic gases/vapours above 65°C

**Hearing**

- **dB Decibel**
  Unit of sound/noise measurement.
- **dB(A)**
  Decibel scale weighted to reflect the performance of human hearing.

**Attenuation**

Effective protection level.

**SNR (Single Number Rating)**
The average level of protection a device can offer across the frequency level between 63Hz and 8000Hz.

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**Non-Slip Surfacing**

3M™ Safety-Walk™ non-slip surfacing offers a full range of floor level safety products to minimise risk in many industrial applications. Our anti-slip surfaces reduce slip, trip and fall accident rates helping to keep down compensation claims and insurance premiums.

**3M™ Safety-Walk™ Anti Slip Tapes**

**General Purpose Grade**
Abrasive particles bonded by a tough, durable polymer to a dimensionally stable plastic film to provide an effective anti-slip surface in most shoe traffic applications.

**Coarse Grade**
Large abrasive particles bonded by a tough, durable polymer to a dimensionally stable plastic film to provide an effective anti-slip surface in most shoe traffic applications.

**Conformable Grade**
Abrasive particles bonded by a tough, durable polymer to an aluminium foil to conform to irregular surfaces.

Available sizes for all grades:
- 50mm x 18.3m
- 102mm x 18.3m

**3M™ Safety-Walk™ Cushion Matting 3270E**

**Description**
Flat topped vinyl anti-fatigue matting providing cushioned support evenly distributed across the bottom of the shoe, reducing leg and back fatigue.

**Applications**
Use as a fatigue-resistant mat in dry areas where workers stand or walk.

Factory assembly, production areas, or any other dry work area with limited chemical exposure.

Sizes and Colours:
- 0.9 x 1.5m
- 0.9 x 3.0m
- 0.9 x 6.0m

Available in black

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**Product Glossary**

**Safety Walk**

Non-Slip Surfacing

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