

# E·A·R™ AND 3M™ EARPLUGS ARE AS EASY AS:

# 1

*Plugs must be properly inserted and worn at all times when in noise. Slowly roll and compress the plug into a very thin crease-free cylinder, smaller than the thickness of a pencil.*



# 2

*Pull the ear outward and upward for best access to the ear canal.*



# 3

*While pulling on the ear, and with the plug still compressed, insert the plug well into the ear canal.*

**FIT TEST:** In the presence of a steady noise, alternately cover and uncover the ears with tightly-cupped hands. With properly fitted plugs, noise should seem nearly the same whether or not the ears are covered.



**CAUTION:** If instructions are not closely followed, protection can be severely affected. Hands and plugs should be clean prior to use.

**USAGE:** Foam plugs are intended for limited use and should be discarded when soiled or if they harden or expand too quickly.

For more information call 3M TechAssist Helpline **1800 024 464** or visit **[www.3m.com/au/ohs](http://www.3m.com/au/ohs)**

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