



Hearing Protection

Push-to-fit Convenience

3M invented the push-to-fit earplug category, starting with the 3M™ E-A-R™ Express™ earplugs, in the 1990's, to help make inserting earplugs easier. With earplugs that are easier to insert and comfortable, workers are typically more likely to wear their earplugs to help protect their hearing.

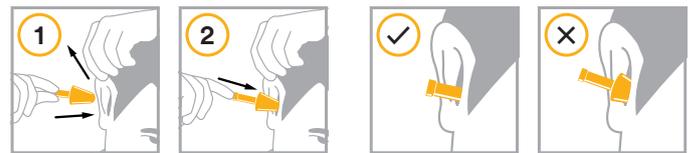
3M™ push-to-fit earplugs deliver a hybrid of our expertise in polyurethane foam technology combined with unique stem designs to provide the comfort of foam earplugs without the need to roll down the foam tip. The thermoplastic fitting stem, which is stiff, yet flexible helps with insertion of the foam tip into the ear canal, and helps keep the foam clean even with dirty hands. The fitting stem works with gloved hands, too.

To properly insert push-to-fit earplugs, follow the traditional method of using 2 hands, one to pull on the outer ear to help straighten the ear canal and the other to push the earplug into the ear:

- ▶ Insert rounded ear tip into ear canal while pulling ear outward and upward with opposite hand (Fig. 1)
- ▶ Hold pressure on stem for a few seconds while inserting. If needed, push stem from a different direction to make insertion easier (Fig. 2)
- ▶ The entire ear tip should be inside the ear canal

Check fit after inserting earplug:

- ▶ Pull earplug stem gently. Earplug should not come out of the ear easily. If it does, remove earplug and repeat fitting
- ▶ Listen to steady loud noise with earplugs in both ears. Cover both ears with tightly cupped hands. Noise should sound about the same whether ears are covered or not



The range of 3M™ Push-to-Fit Earplugs include 3M™ E-A-R™ Express™ Earplugs, 3M™ E-A-R™ Push-Ins™ Earplugs, 3M™ Torque™ Earplugs and 3M™ No-Touch™ Earplugs. Available in a selection of shapes, sizes, and foam materials to help fit a variety of ear canal shapes and sizes, increasing the likelihood that most will find a model that fits them. 3M recommends that fit testing be part of the selection process to help select the model that will help provide the appropriate level of protection needed for the workplace exposure levels.

3M™ E-A-R™ Express™

Product ID	3M ID	SAP ID	Description	SNR
EX-01-001	XA007702021	7000103732	3M™ E-A-R™ Express™ Corded	28 dB
EX-01-002	XA007702039	7000103733	3M™ E-A-R™ Express™ Uncorded	



3M™ Torque™

Product ID	3M ID	SAP ID	Description	SNR
PN-01-009	70071544384	7000052852	3M™ Torque™ Corded	32 dB



3M™ E-A-R™ Push-Ins™

Product ID	3M ID	SAP ID	Description	SNR
EX-01-020	70071513785	7000052713	3M™ E-A-R™ Push-Ins™ Corded	38 dB
EX-01-021	70071513801	7000052714	3M™ E-A-R™ Push-Ins™ Uncorded	



3M™ No-Touch™

Product ID	3M ID	SAP ID	Description	SNR
PN-01-004	70071544350	7000052849	3M™ No-Touch™ Corded	35 dB



The first earplug with a one-hand insertion SNR claim.

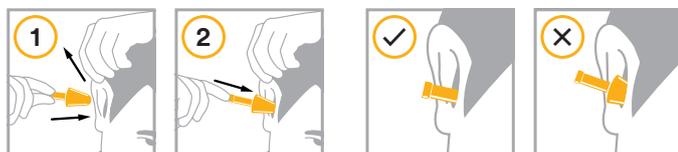
3M introduces the next generation push-to-fit category with 3M™ E-A-R™ Flexible Fit Earplug line, starting with the HA model which has a high attenuation rating (SNR of 35 dB) when using the traditional two-hand fitting method. It is the first earplug that has a SNR for a substantiated one-hand insertion (30 dB) as well.

Like the first generation of push-to-fit earplugs, Flexible Fit has a soft foam tip and a flexible fitting stem that makes insertion into the ear canal easy. Now, even easier with the option of one hand or the traditional two hand method.

To properly insert Flexible Fit using the one hand technique, which does not require pulling on the outer ear, do the following:

One-hand method

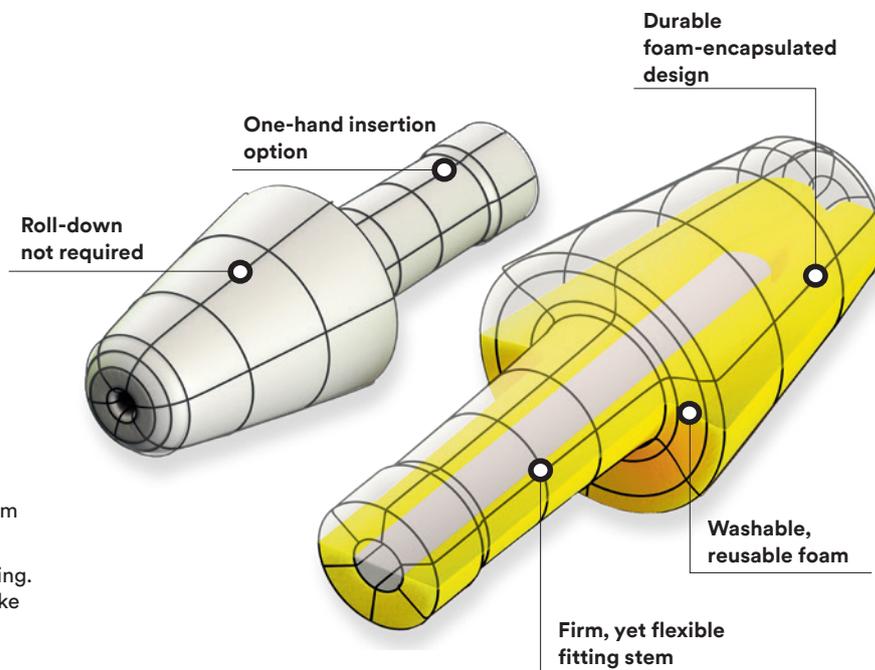
- ▶ Insert rounded ear tip into ear canal while holding stem with thumb and finger (Fig. 1)
- ▶ Hold pressure on stem for a few seconds while inserting. If needed, push stem from a different direction to make insertion easier (Fig. 2)
- ▶ The entire ear tip should be inside the ear canal



Check fit after inserting earplug:

- ▶ Pull earplug stem gently. Earplug should not come out of the ear easily. If it does, remove earplug and repeat fitting
- ▶ Listen to steady loud noise with earplugs in both ears. Cover both ears with tightly cupped hands. Noise should sound about the same whether ears are covered or not

For either the one-hand or two-hand insertion methods, 3M recommends fit testing to help determine the likely attenuation an individual may get with 3M™ E-A-R™ Flexible Fit and the wearer's preferred fitting method (one or two hand).



3M™ E-A-R™ Express™

Product ID	3M ID	SAP ID	Description
328-1000	70-0717-3228-6	7100212747	3M™ E-A-R™ Flexible Fit Earplug HA 328-1000, CE approved, uncorded, pillow pack, 400 pairs per case
328-1001	70-0717-3229-4	7100212752	3M™ E-A-R™ Flexible Fit Earplug HA 328-1001, CE approved, corded, pillow pack, 500 pairs per case
393-2026-50	70-0717-3269-0	7100216953	3M™ E-A-R™ Flexible Fit Probed Test Plugs, 393-2026-50, 50 pairs per case



Personal Safety Division

3M United Kingdom PLC
3M Centre
Cain Road, Bracknell
Berkshire RG12 8HT
t: 0870 60 800 60
www.3M.eu/PPEsafety

Always read and follow user instructions.

Please recycle. Printed in the UK. © 3M 2019. All rights reserved. 3M, E-A-R, E-A-Rfit, Express, No-Touch, Push-Ins and Torque are trademarks of 3M Company. OMG54720

*3M strongly recommends fit testing of hearing protectors. Research suggests that many users will receive less noise reduction than indicated by the SNR due to variation in hearing protector fit, fitting skill and motivation of the user. Refer to your applicable regulations for guidance on how to adjust label values and estimate attenuation. In addition, 3M™ E-A-Rfit™ Dual-Ear Validation System can support your fit testing needs for improved wear and compliance.

Single number rating (SNR) 30 dB with one-hand insertion and 35 dB with two-hand insertion