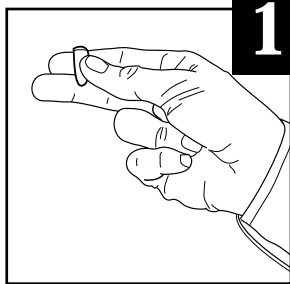


Fitting Instructions for 3M™ Hearing Protection

Issue Date 06/02/05

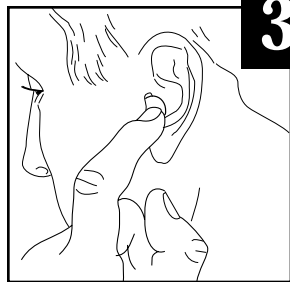
Fitting your Foam Ear Plugs



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.

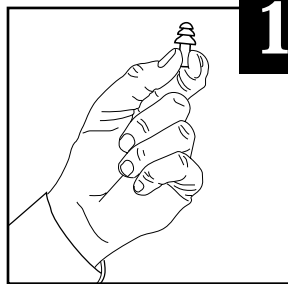


3 While you are holding the ear open, quickly push the rolled end of the plug into your ear as far as possible. Keep your finger on the end of the plug for about 10 seconds until the plug expands to seal the ear.



4 Here is the disposable ear plug properly positioned in the ear canal.

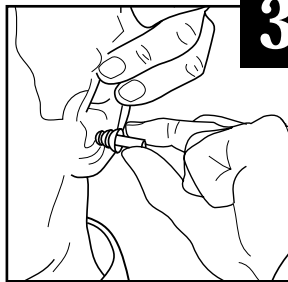
Fitting your Reusable Ear Plugs



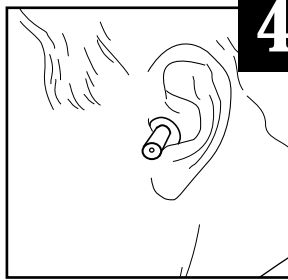
1 Hold the stem of the ear plug firmly behind the largest flange.



2 Reach over your head with the opposite hand and pull the top of your ear to open the ear canal. While you are still holding the ear open, push the smallest flange of the plug into your ear canal, twisting the plug slightly as you push.



3 For best noise reduction, insert plugs as deeply as possible.



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

Checking the fit of your Foam 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. If you aren't sure you have inserted the foam plug correctly, take it out of your ear and look at it before it expands. There should be no wrinkles or creases in the plug. At least 1/2 to 1/3 of the plug should be curved like the shape of your ear canal.
3. Re-check the fit often. Your ear plugs may loosen up when you talk and chew. If this happens, you could lose your protection from noise.
4. If you don't get a good seal, you may get little or no protection from noise, so try another type of hearing protector.

Checking the fit of your Reusable Ear Plugs

1. When properly fit, the ear plug should not move when you touch the stem of the ear plug.
2. 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.
3. Re-check the fit often. Your ear plugs may loosen up when you talk and chew. If this happens, you could lose your protection from noise.
4. If you don't get a good seal, you may get little or no protection from noise, so try another type of hearing protector.

IMPORTANT	<ul style="list-style-type: none">• Wear hearing protectors all the time that you are exposed to loud noise. <i>There is no such thing as "partial" hearing protection.</i> 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. <p>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.</p>
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