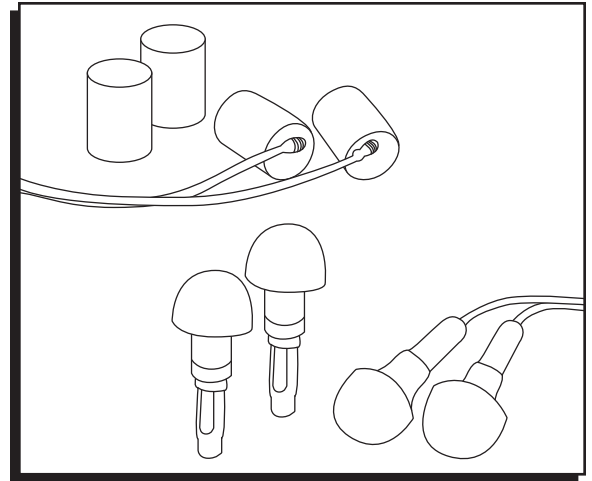


**3M EARPLUG
FITTING GUIDE****IMPORTANT INFORMATION**

CAUTION: Unless you have talked with your physician, do not wear earplugs if there is any drainage from your ear or if you have a hole in your eardrum.

Wear hearing protection at all times when exposed to loud noise. There is no such thing as "partial" hearing protection.

If earplugs are removed and ears are subjected to loud noise for just a few minutes, less protection is given and hearing loss could develop.

Allow time to get used to wearing earplugs. Wearing earplugs will become more familiar after the first few uses.

Switch between earplugs and ear muffs, gradually increasing the time that earplugs are worn each day until they become comfortable to wear at all times.

Wear clean earplugs. When foam earplugs get dirty, replace them with a clean pair. When reusable earplugs get dirty, wash them with mild soap and warm water, then rinse well.

Look closely at earplugs before each use. Wear new foam earplugs every day. Examine the earplugs before putting them in your ears.

For both disposable and reusable earplugs, discard earplugs if they show a tear or other damage.

DISPOSABLE EARPLUGS

1. With clean hands, roll (don't squeeze) the earplug between thumb and first two fingers until the diameter of the plug is as small as possible. (See Figure 1)

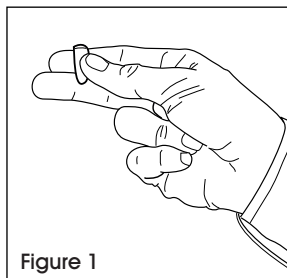


Figure 1

2. Reach over head with the opposite hand and pull the top of ear to open the ear canal. (See Figure 2)

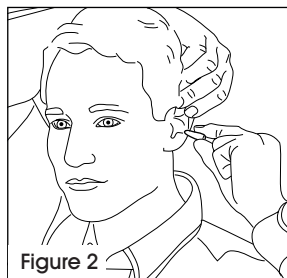


Figure 2

3. While holding the ear open, quickly push the rolled end of the plug into the ear as far as possible. Keep one finger on the end of the plug for about 10 seconds until the plug expands to seal the ear. (See Figure 3)

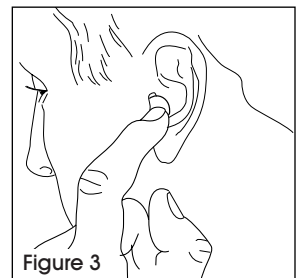


Figure 3

4. When properly positioned, the disposable earplug should seal the ear closed. (See Figure 4)

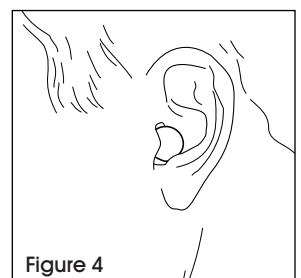
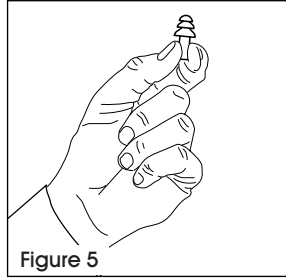


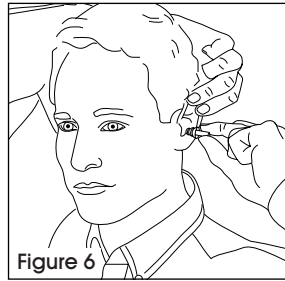
Figure 4

REUSABLE EARPLUGS

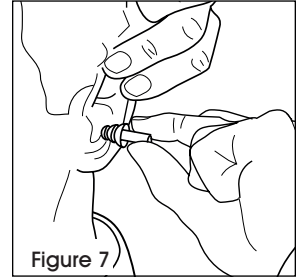
1. Hold the stem of the earplug firmly behind the largest flange. (See Figure 5)



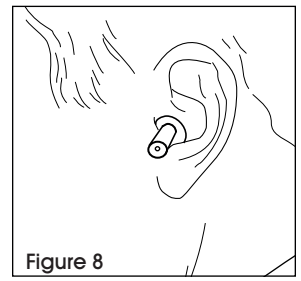
2. Reach over your head with the opposite hand and pull the top of your ear to open the ear canal. While you are still holding the ear open, push the smallest flange of the plug into your ear canal, twisting the plug slightly as you push. (See Figure 6)



3. For best noise reduction, insert plugs as deeply as possible. (See Figure 7)



4. Here is the reusable earplug properly positioned in the ear canal. (See Figure 8)



CHECK THE FIT

DISPOSABLE EARPLUGS

- Always fit your earplugs 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.
- 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.
- Recheck the fit often. Your earplugs may loosen up when you talk and chew. If this happens, you could lose your protection from noise.
- If you don't get a good seal, you may get little or no protection from noise, so try another type of hearing protector.

REUSABLE EARPLUGS

- When properly fit, the earplug should not move when you touch the stem of the earplug.
- Always fit your earplugs 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.
- Recheck the fit often. Your earplugs may loosen up when you talk and chew. If this happens, you could lose your protection from noise.
- If you don't get a good seal, you may get little or no protection from noise, so try another type of hearing protector.