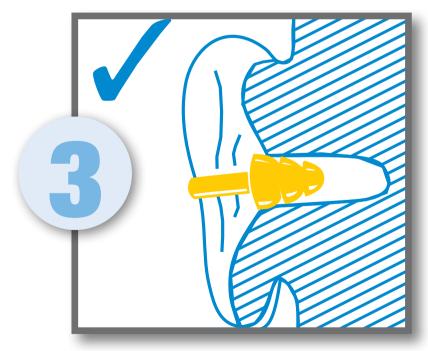


Grasp the stem of the plug behind the largest flange and pull the outer ear outwards and upwards.

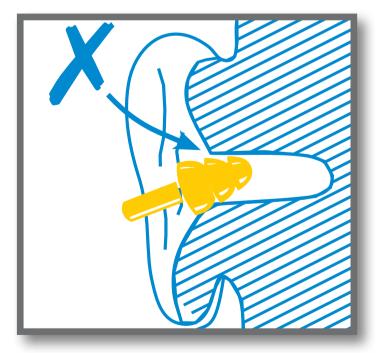


Insert it into the ear canal with a gentle twisting and turning motion until a good seal is obtained.



Correct fit can be checked by alternately cupping your hand over your ear and then removing your hand. If the plug is sitting properly, you should not be able to notice any significant difference.

Tel: 1800 320 500



If the plug is not fitted or used correctly, its attenuation ability is reduced.

Occupational Health & Environmental Safety Group 3M United Kingdom plc

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