

# 3M™ E-A-R™ Express™ Earplugs

## Technical datasheet



### Product description

The 3M™ E-A-R™ Express™ Earplugs are a push to fit design for insertion into the ear canal to help reduce exposure to hazardous levels of noise.

3M™ E-A-R™ Express™ Earplugs may be used for protection against moderate to high noise environments, providing effective protection across all test frequencies.

### Key features

- ▶ The 3M™ E-A-R™ Express™ Earplugs can be fitted using one hand or two hand insertion method. SNR 28dB for both fitting methods. See attenuation table for full details
- ▶ Soft foam tip helps comfortably seal the ear canal
- ▶ Semi flexible stem helps make fitting and removal easy
- ▶ No roll down required, which helps to keep the earplugs clean during fitting
- ▶ Compatible with the 3M™ E-A-Rfit™ Dual-Ear Validation System
- ▶ Available as corded (EX-01-001) or uncorded (EX-01-002)

### Standards and approval

This product is in compliance with appropriate Directives or Regulations to fulfill the requirements for the CE and/or UKCA marking.

The full text of the Declaration of Conformity is available at the following internet address: [www.3M.com/hearing/certs](http://www.3M.com/hearing/certs)

### Materials

The following materials are used in the manufacture of this product.

Earplugs	Polyurethane foam
Stem	PVC
Cord	PVC



### Nominal size range

Smallest fitted: 7mm

Largest fitted: 12mm

### Attenuation values

#### Two hand insertion method

	Frequency (Hz) <i>f</i>								H	M	L	SNR
	63	125	250	500	1000	2000	4000	8000				
Mf (dB)	27.8	24.1	27.3	26.7	29.1	35.3	38.0	39.7	34.3	29.2	27.2	32.2
Sf (dB)	5.5	5.2	5.0	4.8	5.0	3.3	4.4	3.5	3.3	4.2	4.4	3.8
APVf (dB)	22.3	18.9	22.3	21.9	24.1	32.0	33.5	36.2	31	25	23	28

#### One hand insertion method

	Frequency (Hz) <i>f</i>								H	M	L	SNR
	63	125	250	500	1000	2000	4000	8000				
Mf (dB)	26.4	22.4	25.8	25.6	28.9	35.3	37.4	39.1	34.3	28.7	26.2	31.8
Sf (dB)	5.8	3.9	4.5	3.6	4.8	4.3	3.6	3.6	3.5	3.8	3.7	3.6
APVf (dB)	20.6	18.5	21.3	22	24.1	31	33.8	35.5	31	25	23	28

#### Key

*f* = Test frequency

Mf = Mean attenuation value

Sf = Standard deviation

APVf (Mf - Sf) = Assumed Protection Value

H = High-frequency attenuation value  
(predicted noise level reduction for noise with LC – LA = -2dB)

M = Medium-frequency attenuation value  
(predicted noise level reduction for noise with LC – LA = +2dB)

L = Low-frequency attenuation value  
(predicted noise level reduction for noise with LC – LA = +10dB)

SNR = Single Number Rating (the value that is subtracted from the measured C-weighted sound pressure level, LC in order to estimate the effective A-weighted sound pressure level inside the ear)

Information on Shelf life and service life can be found in the User Instructions.

### Important notice

**Product Selection and Use:** Many factors beyond 3M's control and uniquely within user's knowledge and control can affect the use and performance of a 3M product in a particular application. As a result, customer is solely responsible for evaluating the product and determining whether it is appropriate and suitable for customer's application, including conducting a workplace hazard assessment and reviewing all applicable national and/or European regulations and standards. Failure to properly evaluate, select, and use a 3M product in accordance with all applicable instructions and with appropriate safety equipment, or to meet all applicable safety regulations, may result in injury, sickness, death, and/or harm to property.

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3M industrial and occupational products are intended, labeled, and packaged for sale to trained industrial and occupational customers for workplace use.

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