



Thank you for purchasing these **CMT GROUP EEP02 Disposable Corded Foam Ear Plugs**. Construction, certified to EN 352-2:2020 standard with an **SNR of 36dB** and if used according to these instructions give effective protection.

IMPORTANT: PLEASE READ THESE INSTRUCTIONS CAREFULLY. NOTE THE SAFE OPERATIONAL REQUIREMENTS, WARNINGS & CAUTIONS. USE THE PRODUCT CORRECTLY AND WITH CARE FOR THE PURPOSE FOR WHICH IT IS INTENDED. FAILURE TO DO SO MAY CAUSE DAMAGE AND/OR PERSONAL INJURY AND WILL INVALIDATE THE WARRANTY. KEEP THESE INSTRUCTIONS SAFE FOR FUTURE USE.

Compliance with the Regulation 2016/425 on personal protective equipment as amended to apply in GB.

Compliance with Regulation (EU) 2016/425 Personal Protective Equipment Annex II Health & Safety.

SAFETY

Warning! Put the Disposable Corded Foam Ear Plugs on before exposing yourself to hazardous noise and wear them during the whole hazardous noise exposure. Be warned that failure to adhere to these recommendations will cause the protection afforded by the product to be severely impaired.

- Disposable Corded Foam Ear Plugs may be adversely affected by certain chemical substances. Further information should be sought from manufacturer.
- Disposable Corded Foam Ear Plugs are designed to protect the wear from the harmful effects of noise.
- If the recommendations given in the instructions are not followed, the protection provided by the ear plugs will be significantly reduced.
- Disposable Corded Foam Ear Plugs effectiveness will be reduced if not properly fitted, in accordance with these instructions.

Warning! Keep away from infants and small children.

Applications

- Construction
- Automotive
- Manufacturing
- Food processing
- Leisure industry

Instructions:

Check the product for any potential damage before use. If damaged, please dispose and use a new one. These Disposable Corded Foam Ear Plugs must be always worn in noisy environments (atmospheres greater than **80dB**) and must be chosen according to their attenuation factors in relation to the ambient noise to be reduced (see performances). Ensure that the Disposable Corded Foam Ear Plugs are correctly fitted, adapted, adjusted, maintained, and inspected, in accordance with these instructions. Removing the ear plug for even a small amount of time could

result in serious injury. With clean hands, roll (don't squeeze) the ear plugs between your thumb and first 2 fingers until the diameter of the Disposable Corded Foam Ear Plugs is as small as possible.

1. Reach over your head with the opposite hand and pull the top of your ear to open the ear canal.
2. While you are holding the ear open, quickly push the rolled end of the Disposable Corded Foam Ear Plugs into your ear as far as possible. Keep your finger on the end of the Disposable Corded Foam Ear Plugs for about 10 seconds until the plug expands to seal the ear.
3. Here is the disposable Corded Foam Ear Plugs properly positioned in the ear canal.



Foam Ear Plugs fit checking.

- Always fit your Disposable Corded Foam Ear Plugs so that they seal the ear closed. Once you put both Disposable Corded Foam Ear 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 Disposable Corded Foam Ear Plugs 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.
- Re-check the fit often. Your Foam Ear Plugs 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.
- Corded Foam Ear Plugs variation allows for the ear plugs to be conveniently hung around the neck when not required and easily re-inserted when necessary.

REMOVAL INSTRUCTIONS:

1. Remove the ear Disposable Corded Foam Ear Plugs only after leaving the noisy environment.
2. Do not remove Disposable Corded Foam Ear Plugs by pulling the interconnecting cord.
3. Twist the earplug to break the seal and pull slowly from the ear.
4. Dispose of the used Disposable Corded Foam Ear Plugs responsibly. This is a single use product - do not reuse.

Important

- **Wear hearing protectors all the time when you are exposed to loud noise.** *There is no such thing as “partial” hearing protection.* 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 Disposable Corded Foam Ear 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 earmuffs, gradually increasing the time that you wear the plugs each day until you are comfortable wearing ear plugs all the time.
- **Wear clean Disposable Corded Foam Ear Plugs.** When the Disposable Corded Foam Ear Plugs get dirty, replace them with a clean pair.
- **Look closely at your Disposable Corded Foam Ear Plugs each time you wear them.** Get a new pair of Disposable Corded Foam Ear Plugs every day. Examine the Disposable Corded Foam Ear Plugs before putting them in your ears. For both Disposable Corded Foam Ear Plugs and reusable Ear Plugs, if you see a tear or other damage, throw the plugs away and get a new pair.
- **These Disposable Corded Foam Ear Plugs should not be used where there is a risk that the connecting cord could be caught up during use.**

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

ATTENUATION DATA: All measurements made in accordance with EN 352-1:2020

CLASSIFICATION:

| EEPO2 | SNR = 36 dB | | H = 34 dB | | M = 34 dB | | L = 34 dB | |
|-------------------------|----------------------------|------|--------------------------|------|--------------------------|------|--------------------------|------|
| Frequency (Hz) | 63 | 125 | 250 | 500 | 1000 | 2000 | 4000 | 8000 |
| Mean attenuation (dB) | 37.9 | 32.8 | 39.8 | 43.4 | 38.7 | 37.4 | 45.5 | 47.4 |
| Standard Deviation (dB) | 5.5 | 4.4 | 5.2 | 5.7 | 4.7 | 5.6 | 4.7 | 4.5 |
| Assumed protection (dB) | 32.4 | 28.4 | 34.6 | 37.6 | 34.0 | 31.8 | 40.8 | 42.9 |
| | SNR _M = 40.1 dB | | H _M = 38.8 dB | | M _M = 38.4 dB | | L _M = 37.8 dB | |
| | SNR _S = 4.3 dB | | H _S = 4.8 dB | | M _S = 4.3 dB | | L _S = 4.1 dB | |

Nominal Diameter: 5mm – 10mm

Although the ear plugs can be recommended for protection against the harmful effects of impulse noise, the SINGLE NUMBER RATING (SNR) is based on the attenuation of continuous noise and may not be an accurate indicator of the protection attainable against impulsive noise such as gunfire. Consult the outer packaging, including user instruction and fitting instructions before use. Failure to follow the provided instructions may affect the products ability to protect against

Storage & maintenance:

Before use, always keep the Foam Ear Plugs in its original packaging in a dry, clean, and uncontaminated environment, away from UV light and out of direct sunlight. If these instructions are followed, the product can be stored for up to 3 years from the date of manufacturing. The manufacturing date can be found on the product and on the packaging. MM/YYYY=month/manufacturing year. A copy of the declaration of conformity for this product can be obtained by via www.cmt.co.uk.

Approved body responsible for UKCA-type examination and ongoing conformity: **0321**

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