

Thank you for purchasing these **CMT GROUP EEP03** Reusable Corded Ear Plugs, certified to EN 352-2:2020 standard with an **SNR of 32 dB** 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 Reusable Corded 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.

- Reusable Corded Ear Plugs may be adversely affected by certain chemical substances. Further information should be sought from manufacturer.
- Reusable Corded 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.
- Reusable Corded 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 Reusable Corded 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 Reusable Corded 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, hold the Reusable Corded Ear Plugs between your thumb and first 2 fingers.

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 Corded ear plug properly positioned in the ear canal.



#### Reusable Corded Ear Plugs fit checking

- When properly fit, the ear plug should not move when you touch the stem of the Reusable Corded Ear Plugs
- Always fit your Reusable Corded 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.
- Re-check the fit often. Your Reusable Corded 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.
- Reusable Corded 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 plugs only after leaving the noisy environment.
2. Twist the earplug to break the seal and pull slowly from the ear.
3. Dispose of the used ear plug responsibly.

#### 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 Reusable Corded 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** Reusable Corded Ear Plugs. When Reusable Corded Ear Plugs get dirty, wash them with mild soap and warm water, then rinse them well.
- **Look closely at your** Reusable Corded Ear Plugs **each time you wear them.** Examine the Reusable Corded Ear Plugs before putting them in your ears. If you see a tear or other damage, throw the plugs away and get a new pair.
- **These Reusable Corded 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 Reusable Corded 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 352-2:2020

#### CLASSIFICATION:

EEP03	SNR = 32 dB		H = 32 dB		M = 29 dB		L = 28 dB
Frequency (Hz)	125	250	500	1000	2000	4000	8000
Mean attenuation (dB)	34.5	30.4	36.0	31.9	36.1	41.2	43.0
Standard Deviation (dB)	5.8	4.4	4.7	4.6	4.8	5.6	4.1
Assumed protection (dB)	28.8	26.0	31.3	27.3	31.2	35.6	38.9
	SNR <sub>M</sub> = 36.3 dB		H <sub>M</sub> = 36.5 dB		M <sub>M</sub> = 33.6 dB		L <sub>M</sub> = 32.6 dB
	SNR <sub>S</sub> = 4.2 dB		H <sub>S</sub> = 4.2 dB		M <sub>S</sub> = 4.4 dB		L <sub>S</sub> = 4.2 dB

Nominal Diameter: 8mm – 12mm

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 Reusable Corded 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.

#### Authorization:

The product is in conformity with the applicable essential health & safety requirements of Regulation 2016/425 on personal protective equipment, as amended to apply in GB and standard(s). The applicable jurisdiction can be found in the Declaration of Conformity; this can be obtained from [www.cmt.co.uk](http://www.cmt.co.uk).

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

SATRA Technology Centre Limited  
Wyndham Way, Telford Way, Kettering  
Northamptonshire, NN16 8SD  
United Kingdom

Notified Body Number: **2777**  
SATRA Technology Europe Ltd  
Bracetown Business Park, Clonee  
Dublin D15 YN2P  
Ireland

CMT Group Limited  
Riverbridge House, Anchor Boulevard,  
Dartford DA2 6SL  
United Kingdom  
Made in China