

Thank you for purchasing these **CMT GROUP EEP01** Foam Ear Plugs. Construction, certified to EN 352-2:2020 standard with an **SNR of 38dB** 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 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.

- Foam Ear plugs may be adversely affected by certain chemical substances. Further information should be sought from manufacturer.
- 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.
- 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 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 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 Foam Ear Plug 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 Foam Ear Plug into your ear as far as possible. Keep your finger on the end of the Foam Ear Plug for about 10 seconds until the plug expands to seal the ear.
3. Here is the disposable Foam Ear Plug properly positioned in the ear canal.



Foam Ear Plugs fit checking.

- Always fit your Foam Ear Plugs so that they seal the ear closed. Once you put both 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 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 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. 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 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 ear-muffs, gradually increasing the time that you wear the plugs each day until you are comfortable wearing ear plugs all the time.
- **Wear clean** Foam Ear Plugs. When foam plugs get dirty, replace them with a clean pair.
- **Look closely at your** Foam Ear Plugs **each time you wear them.** Get a new pair of Foam Ear Plugs every day. Examine the Foam Ear Plugs before putting them in your ears. For both Foam Ear Plugs and reusable Ear Plugs, if you see a tear or other damage, throw the plugs away and get a new pair.

CAUTION: Unless you have talked with your physician, do not wear 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 352-2:2020

CLASSIFICATION:

EEP01	SNR = 38 dB		H = 37 dB		M = 36 dB		L = 32 dB
Frequency (Hz)	125	250	500	1000	2000	4000	8000
Mean attenuation (dB)	30.1	34.2	41.0	41.7	38.2	45.2	45.7
Standard Deviation (dB)	3.9	4.0	4.1	4.7	3.0	4.1	4.6
Assumed protection (dB)	26.2	30.2	36.9	37.0	35.2	41.0	41.1
	SNR _M = 40.8 dB		H _M = 40.1 dB		M _M = 39.5 dB		L _M = 36.0 dB
	SNR _S = 2.9 dB		H _S = 2.9 dB		M _S = 3.2dB		L _S = 3.6dB

Nominal Diameter: 5mm – 11mm

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 wear hearing protectors 100% of the time you are exposed to hazardous noise may dramatically increase your noise exposure and your risk of developing hearing loss.

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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