3M Science. Applied to Life.™

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Experts in Safety

Working together.

3M Integrated Protection Programme*

PPE is most effective when worn properly, 100% of the time exposed to hazards – and it works best when it works together. See how our technologies and services work together to help encourage consistent use, with options that may help you with worker communication, compatibility, comfort, fit or performance needs.

*3M Integrated Protection Programme refers to 3M's portfolio of personal protective equipment (PPE) technologies and services that may be used by workers for their various needs, including comfort, fit, compatibility, communication, and performance. The depicted combinations are representative examples of which technologies may work together, but these combinations may not be appropriate for all work environments. Employers are responsible to select PPE combinations based on employee risk assessment for hazards and ensure that fit testing of combinations are conducted while wearing all appropriate PPE.

Powered by the Science of Safety

Worker health and safety: Seeing the whole picture

Because workers don't encounter hazards one at a time, they need PPE technologies and services – to help protect their health and safety.

Personal protective equipment (PPE) is often selected to protect workers against specific hazards – respiratory contaminants, for example, or unsafe levels of noise. But workers seldom encounter hazards one at a time, which means they often need to wear multiple types of PPE at once.

Work with 3M to help reduce the challenges workers face when wearing multiple types of PPE together. Consider the 3M Integrated Protection Programme*, powered by the Science of Safety. The programme includes a range of options, from PPE featuring our technologies – which may help improve comfort, allow for easier communication, fit a wide range of workers, or resist fogging – to fully integrated PPE systems.

How can we encourage workers to wear all their required PPE, all shift long? By paying careful attention to PPE comfort, communication and performance from the start, and using fit testing to help validate that PPE works together.

Hazards which may require PPE to help mitigate:

- Airborne contaminants
- Noise
- Flying objects (liquids, particles)
- Struck-by hazards & falling objects
- UV/IR light
- Extreme temperatures (heat/cold)
- Working at height
- Working in confined spaces
- Skin exposure

Respiratory Hazards

- Occupational exposure causes around **10%** of all chronic respiratory deaths in the EU. (IHME, 2024)

Hearing Loss

- **30-40 million** workers are exposed to occupational noise that endangers their hearing. (EU-OSHA, 2006)

Work at Heights

- Falls are the **second leading** cause of unintentional injury and death worldwide. (WHO, 2021)

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It's time to change the way we look at PPE.

...from many distinct categories to one comprehensive programme.

PPE is the last line of defence, and it is most effective when worn properly, 100% of the time exposed to hazards. When PPE fits correctly and comfortably, US OSHA suggests that workers are more likely to wear it consistently.**

This is why we've introduced the **3M Integrated Protection Programme*,** a portfolio of personal protective equipment (PPE) technologies and services which may work together to help address one or more of workers' various needs, including comfort, fit, compatibility, communication, and performance.

Discover how each element in the 3M Integrated Protection Programme* technologies and services work together.

3M Integrated Protection Programme*:
a holistic approach to PPE.

This portfolio of PPE technologies and services is more than the sum of its parts. Harnessing our unique technologies to provide the features your workers want, these PPE options and services may help address your workplace hazards. It's all backed by best practices for fit and over 50 years of the Science of Safety.

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**OSHA, https://www.osha.gov/personal-protective-equipment, accessed 7/2/2025

PPE works best when worn properly, 100% of the time.

Why is wear time so important?

Wear time is the percentage of time workers ***actually*** wear their required PPE vs. the amount of time they ***should*** wear it to achieve the desired protection.

The ***Assigned Protection Factor (APF)*** used to help select respiratory PPE assumes that workers wear their required PPE properly 100% of the time they may be exposed while on the job. The ***Effective Protection Factor (EPF)*** is the actual protection rate factor achieved based on the wear time for each worker.

Impact on respiratory protection EPF

Removing a respiratory for just a few minutes to communicate may impact protection.

Not wearing respirators**

5%

of the time exposed

Reduces effective protection factor by**

30%

** Assuming a half face piece respirator with an APF of 10, 5% of an 8 hour workshift is 3 min/hour, or 24 min a day non-weartime. Colton, Craig. Respiratory Protection. Fundamentals of Industrial Hygiene. Ed. Barbara Plog. Itasca: National Safety Council, 2012, 678-679.

Respirator Type	APF	Percent of Time Respirator Worn & Associated EPF		
		100%	95%	80%
Filtering facepiece, FFP2	10	10	7	4
Half-face respirator, P3	20	20	10	4
Full-face respirator, P3	40	40	14	5
Powered Air, TH3	40	40	14	5
SCBA	2,000	2,000	20	5

EPFs rounded to the nearest whole number

Adapted from Colton, Craig. "Respiratory Protection." *Fundamentals of Industrial Hygiene*. Ed. Barbara Plog. Itasca: National Safety Council, 2012. 678-679.

Impact on hearing protection

Effective protection drops when hearing protectors are not worn.[1] See the impact of just 1 hour without hearing protection over an 8 hour shift:

Worn 8 hours | **1 hour not worn** | **4 hours not worn**

Even when noise seems to be at a reasonable level, noise above 85 dBA can still lead to long-term damage. Noise-induced hearing loss is caused by the damage and eventual death of sensory cells in your ears, called hair cells. Unlike some other cells, human ear hair cells never grow back.[2] Every hour without protection may make a lasting impact on workers' long-term hearing.

[1] Based on 95 dBA TWA exposure and using Exposure Limit of 85 dBA and 3 dB exchange rate.

[2] U.S. Department of Health and Human Services. National Institutes of Health, 2019. https://www.nidcd.nih.gov/sites/default/files/Documents/health/hearing/noise-induced-hearing-loss-english-8-2021.pdf

How can 3M's Integrated Protection Programme* technologies and services help encourage wear time?

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Why might workers not wear their PPE 100% of the time exposed?

How can we encourage wear time?

Communication

Communicating clearly while wearing hearing and respiratory protection can be challenging. If workers remove PPE to speak, protection may be compromised.

Features to help allow communication without removing PPE.

Compatibility

Workers need to wear multiple types of PPE for long periods of time, which may interfere with each other when worn together.

Select PPE technologies designed to help fit a wide variety of workers, and use fit testing to ensure PPE works together.

Comfort

Heat, humidity and lack of breathability can cause discomfort. So can chafing or pressure from overlapping PPE.

PPE with features such as pressure diffusion technology to enhance comfort both individually and in combination.

Fit

PPE that isn't properly sized or adjusted may not perform as intended – especially if other types of PPE are interfering with the proper donning.

PPE that fits properly while worn together, both for comfort and for protection against a variety of hazards. Fit testing should be conducted with all necessary PPE worn together.

Performance

From fogging eyewear to interrupted communications, PPE not working together can be cumbersome and can interfere with the job at hand.

PPE which resists fogging, allows for communication, or allows welders to keep working without changing PPE between tasks may reduce time workers need to adjust PPE.

Wear time isn't just about compliance.

It's about helping keep workers healthy and safe.

How can 3M technologies work together?

In many jobs, workers are exposed to multiple hazards simultaneously, such as high levels of noise, airborne contaminants and flying objects. For example, the 3M Integrated Protection Programme* leverages our unique technologies to help enable clear communication without compromising respiratory or hearing protection — with comfort features to help encourage all day wear.

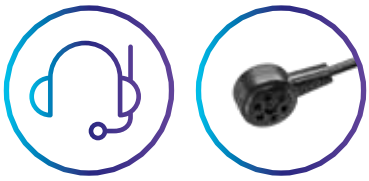
3M™ SecureFit™ Safety Helmets

- Ratchet suspension system featuring patented 3M™ SecureFit™ Pressure Diffusion technology that flexes and self-adjusts to the size of the wearer's head, reducing forehead pressure and increasing comfort for all-day wear
- Works well with a variety of 3M™ PELTOR™ Earmuffs and other accessories
- Customise your fit with multiple levels of height and head-shape adjustments

3M™ SecureFit™ Protective Eyewear

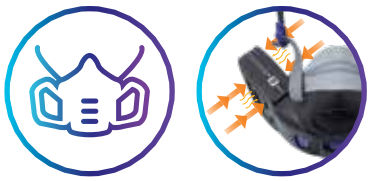
- Anti-fog/anti-scratch coatings available, including 3M™ Scotchgard™ Protector coating
- Temples flex and self-adjust to the size of the wearer's head
- The flat and flexible temple design combines well with 3M™ Protective Earmuffs

Read the study summary



3M™ PELTOR™ Protective Communications**

- Help protect your hearing in noisy environments and hear ambient sounds
- Options to improve the ability to communicate with nearby colleagues, as well as to hear warning alerts, oncoming vehicles, or sounds from machines and processes



3M™ Secure Click™ Half-Face and Full-Face Respirators

- Speaking diaphragm helps provide easy communication while working
- Filters/cartridges designed for easy breathability
- Exhalation valve helps direct exhaled breath and moisture downward
- Secure Click connection helps provide confidence that filters/cartridges are installed properly

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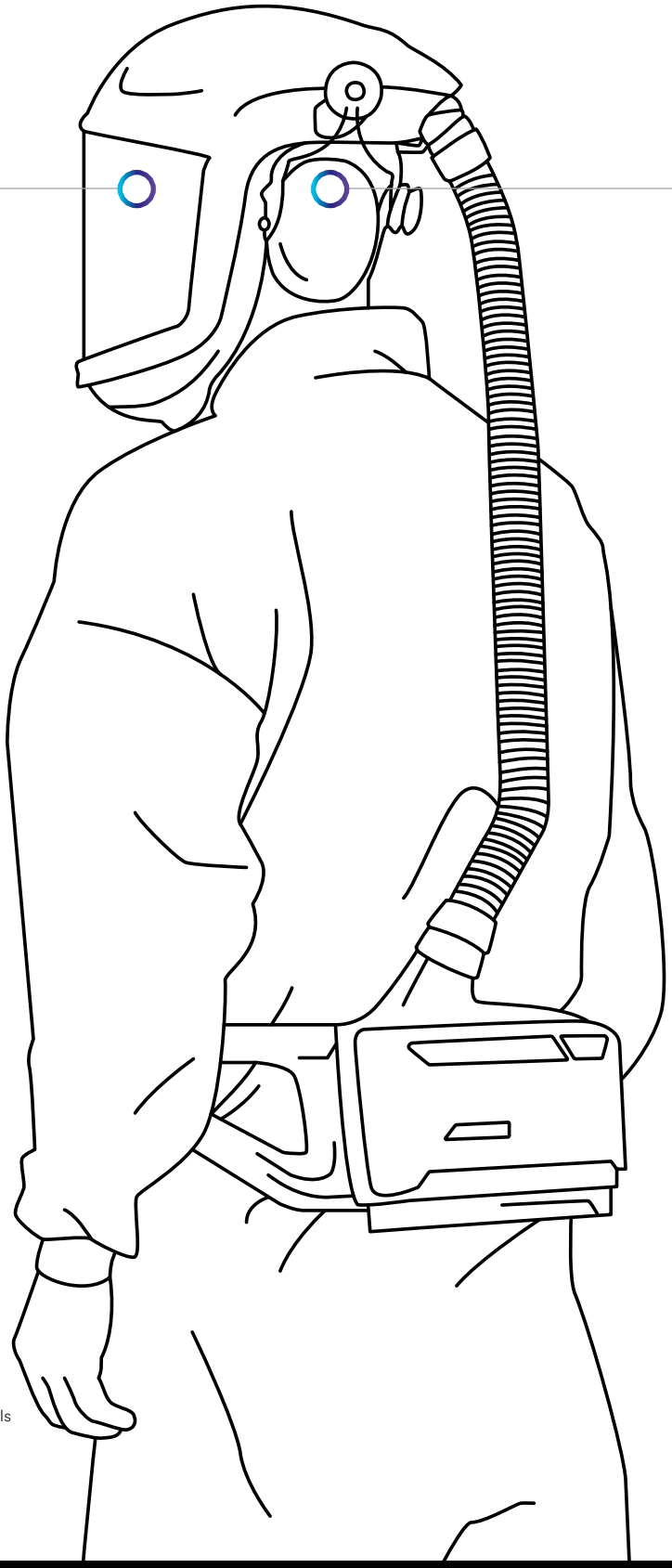
**ATEX approved variants of certain models are available when intrinsically-safe approvals are required

Working together by design.

3M™ Versaflo™ PAPR systems combine respiratory protection while unifying the other elements of select individual protection for hearing, eyes, face and head – all in a single system. This next-level PPE option may help to encourage wear, thanks to a combination of comfort, compatibility, communication, and fit.



3M™ Versaflo™ Powered Air Purifying Respirator (PAPR)*

- Integrated face and head protection for certain headgear
- Continuous airflow to help with comfort
- Accommodates limited facial hair
- Compatible with head protection accessories to help protect against sparks and radiant heat
- Available head lamp bracket to attach select mining style lamps
- Can be combined with certain 3M™ Speedglas™ Welding Helmets

2-way radio and environmental listening

Many industrial processes require workers to wear both hearing and respiratory protection. In noisy environments, if workers remove their PPE to communicate, they are not receiving the desired protection.

3M™ PELTOR™ Protective Communications*

- Enables clear communication without removing PPE
- Environmental microphones with level-dependent protection
- Ambient listening helps workers to hear alarms and vehicles

* ATEX approved variants of certain models are available when intrinsically-safe approvals are required

Important Notice

Considerations before selecting PPE

This catalogue contains 3M PPE technologies and services available for occupational use, and is intended for trained industrial professionals. Many factors uniquely within user's knowledge and control can affect the use and performance of PPE in a particular application. As a result, employer is solely responsible for evaluating the product and determining whether it is appropriate and suitable for employer's application, including conducting a workplace hazard assessment and reviewing all applicable national and/or local regulations and standards. Failure to properly evaluate, select, and use PPE 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. To ensure that any combination of products works together, please conduct fit testing of respiratory, hearing and eye protection and any other equipment while wearing all necessary PPE.

Select 3M PPE Options

As you select PPE for your team, pay careful attention to how different types of PPE interact and leverage 3M innovations such as 3M Pressure Diffusion Technology to help address common issues with fit, comfort and performance. Backed by the Science of Safety, 3M's Integrated Protection Programme* helps bring together our technologies and services, which may work together to help address one or more of the following worker needs, such as: comfort, fit, compatibility, communication, or performance.

There are many potential combinations to fit the balance of comfort features and the protection you need. Consider this flowchart** to help plan for PPE working together from the start, and contact your 3M representative for help identifying the right PPE combination for your needs.

**Not an exhaustive list.

1. **Identify task hazards and controls**
2. **Consider environment, comfort, compatibility, communication and wearability needs**
3. **Select the appropriate comprehensive PPE options**
4. **Fit test to help ensure that PPE fits and works together**

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How do you identify PPE options that work together?

Often, the mix of potential hazards and contaminants encountered on the job means that workers must wear multiple types of PPE at once. But not all PPE works together. When selecting your PPE options, it's important to bear in mind how they all fit together for both comfort and compliance – to help workers get proper protection all shift long. The steps below show considerations to help identify the appropriate PPE for the job, as well as help determine if potential selections work together.

Identify task hazards and controls

Identify all the task related hazards in the work environment. This could include*:

- Airborne contaminants
- Hazardous noise
- Flying objects (liquids, particles)
- Struck-by hazards and falling objects
- UV/ IR light
- Extreme temperatures
- Working at height and in confined spaces
- Skin exposures

After other controls are in place, consider what PPE categories may be required to help protect workers.

Consider environment, comfort, compatibility, communication and wearability needs

Some examples may include*:

- Humidity & temperatures
- Need to enter tight spaces
- Task duration
- Need to communicate
- Intrinsic safety
- Rescue & Emergency Action Plans

Select the appropriate comprehensive PPE options

Some options may include:

- Protective eyewear
- Welding shields
- Safety helmets
- Respirators
- Hearing protection
- Fall protection
- Protective clothing

Fit test to help ensure that PPE fits and works together

Use fit testing to assess fit while wearing all the required PPE in combination. Pay particular attention to*:

- Earmuffs and eyewear
- Welding shields and safety helmets
- Respirators and eyewear
- Safety helmet and respirator
- All types of hearing protection (active or passive)

*This is not an exhaustive list. This document shows only a few options of personal protective equipment (PPE) and is not comprehensive. Some environments or situations might require different or additional PPE. Selecting PPE is the responsibility of the employer and must be based on the work environment, specific hazards, and tasks involved.

We can help you get started:

Contact your 3M representative to learn about suggested PPE options to help meet your needs.

Work with 3M to help minimise the following pain points while wearing PPE:

Consider these potential PPE options* to help encourage **100% wear time.**

Once you've made your selections, remember to verify the compatibility by performing appropriate fit testing of PPE both alone and in combination.

Communication

Head protection + Eye protection + Half facepiece respirator with speaking diaphragm + In-ear communication headset

or

Filtering facepiece respirator + Protective communications

Comfort

Head protection + Eye protection + Half facepiece respirator with speaking diaphragm + Earplugs

or

Filtering facepiece respirator + Electronic earplugs

Compatibility

Powered and supplied air + Eye protection + Protective communications

or

Passive hearing protection

or

Head protection + Face protection + Eye protection + Helmet attached earmuffs

or

Earplugs

*May be required depending on application

For more information on using various combinations of ear muffs and eyewear, read this study: Read the full study

Performance

Welding protection and PAPR** + Eye protection + Hearing protection

or

Electronic earplugs

**Potential performance benefit when compared to using separate PPE for welding and grinding operations.

Before selecting your PPE combination, assess your working environment to identify hazards. Consult your 3M representative or use the 3M™ Select and Service Life Software to help suggest appropriate respirator and cartridge/filter options. It is the responsibility of the employer to determine suitability of any PPE used and ensure compliance with all applicable regulations.

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Help ensure a proper fit

Fit can have a significant impact on protection. Fit testing is a best practice, and is often required by standards and regulations to verify that PPE is providing the expected level of protection. There are many factors that affect how well PPE fits the individual wearer, including size and shape of the wearer and other equipment or clothing worn at the same time.

Respiratory fit testing

A tight-fitting respirator needs to seal to a wearer's face. Otherwise, contaminated air can enter the wearer's breathing zone.

Applies to all tight-fitting respirators, including:

- Filtering facepiece particulate respirators
- Half and full facepiece respirators with filters and/ or cartridges
- Tight fitting facepieces connected to PAPRs or supplied air respirators, or used with SCBAs

Hearing protector fit testing

If earplugs do not fit the wearer's ear canals or earmuffs the wearer's head well, external noise may bypass the hearing protector, which can lead to noise-induced hearing loss over time. A benefit of hearing protector fit testing is that it can help identify persons at risk for overexposure to noise due to improper fit.

Applies to:

- Disposable and reusable earplugs
- Earmuffs
- Protective communication devices

Eye protection fit evaluation

All eye protection needs to provide a wide field of view, security of fit, and good coverage.

- **Protective goggles** should fit snugly with no gaps between the protective goggles and the wearer's face.
- **Protective eyewear** should have minimal gaps between protective eyewear and the wearer's face.

Fall protection fit evaluation

Worker comfort, fit, and ease of use are key considerations in the selection of a full body harness. Full body harnesses distribute fall arrest forces across the shoulders, upper thighs, chest, and pelvis. Therefore proper fit is critical. Harnesses should be chosen based on the task and the size of the wearer, and then donned, fitted and adjusted properly before each use.

Applies to all fall protection harnesses.

Resources for fit testing and training

Respirator fit testing at your fingertips

With the tap of a button, the 3M™ Wear it Right app helps guide fit testers and wearers through the key steps of the qualitative fit testing protocol.

Respiratory PPE selection and service life

Based on the hazards you've identified, 3M™ Select Software is designed to help you choose the appropriate 3M respirator cartridge or filter for your work environment. 3M™ Service Life software is designed to help you estimate the service life of 3M gas/vapor cartridges.

3M.com/ServiceLifeSoftware

For considerations and support implementing a fit testing Programme, please contact your local 3M representative.

Fit Academy: Schedule a training session

Engage your workforce with fit testing awareness training. This interactive workshop provides valuable information on respiratory, hearing, eye and fall protection fit assessments, PPE comfort and fit selection options, and best practices to help your health and safety programme.

At 3M, we have safety down to a science.

Your workforce deserves PPE that works as hard as they do. For over 50 years, 3M has helped protect workers around the world against the hazards of their jobs, so they can focus on their work with confidence. This is the 3M Science of Safety.

When you choose the 3M Integrated Protection Programme*, you get all the benefits of the Science of Safety – innovative PPE designed to help protect during the challenges of the job, plus industry knowledge and training/support resources. 3M offers PPE options which help provide comfort, fit and performance you and your workers can depend on.

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Education and training.

3M offers worker health and safety training on regulations, hazards, PPE, tools and other valuable information to help enhance your safety and health programme. Explore our digital library on the Worker Health & Safety Portal at the 3M Safety Academy for topics like respiratory protection, hearing protection, fall protection and more. It's just one more way 3M helps you and your workers stay connected, compliant and safe.

3M Training and Education may include:

In-person **eLearning** **Online**

Topics
Understanding Regulations and Standards
Fall, Respiratory, Hearing, Head Eye and Face Protection

Contact 3M Technical Support Helpline with questions

In-person | Training Courses and Seminars

3M offers a variety of tools, courses and seminars to support your health and safety training needs.

In-person
Fall Protection Certified Instructor Programme
3M™ Safety Roadshow and Demo Trucks
Fit Academy

eLearning | Worker Health & Safety

Need it now? See our on-demand resources, so 3M can help you increase your knowledge of PPE and related workplace health and safety topics.

eLearning
3M Learning Academy
Virtual Reality
Webinars and Videos

Online Technical Resources

Find in-depth information about respiratory or hearing hazards in our Digital Training Library.

Online resources
3M Respirator Selection Guide
Select and Service Life Software
Tech Bulletins
Centres for Respiratory and Hearing Protection

Contact your 3M representative to learn more about on-site training options available in your area.

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Hearing Protection

⚠ WARNING

These hearing protectors help reduce exposure to hazardous noise and other loud sounds. Misuse or failure to wear hearing protectors at all times that you are exposed to noise may result in hearing loss or injury. For suitability and proper use follow local regulations, refer to all information supplied or contact a safety professional or your local 3M Personal Safety Division representative.

⚠ WARNING

3M strongly recommends personal fit testing of hearing protectors. Research suggests that users may receive less noise reduction than indicated by the attenuation label value(s) on the packaging due to variation in fit, fitting skill, and motivation of the user.

Refer to applicable regulations or guidance on how to adjust attenuation label values. In the absence of applicable regulations, it is recommended that the attenuation label value(s) be reduced to better estimate typical protection.

Eye Protection

⚠ WARNING

These eye or face protection products help provide limited eye and face protection from flying particles, optical radiation, splash and/or other hazards. Misuse or failure to follow warnings and instructions may result in serious potential injury, including blindness or death. For suitability and proper use follow local regulations, refer to all information supplied or contact a safety professional or your local 3M Personal Safety Division representative.

Head Protection

⚠ WARNING

3M Head and Face Products provide limited protection only. Misuse or failure to follow warnings and User Instructions may result in serious personal injury or death. For suitability and proper use follow local regulations, refer to all information supplied or contact a safety professional or your local 3M Personal Safety Division representative.

Fall Protection

⚠ WARNING

Compliant fall protection and emergency rescue systems help prevent serious injuries associated with fall events. Users must read and understand the User Instructions provided with the product, and must be properly trained by their employers in the safe use of these systems before using them, per applicable local standards and regulations. Misuse or failure to follow warnings and instructions may result in serious personal injury or death. For suitability and proper use follow local regulations, refer to all information supplied or contact a safety professional or your local 3M Personal Safety Division representative.

Respiratory Protection

⚠ WARNING

These respirators help to protect against certain airborne contaminants. Proper selection, training, use and appropriate maintenance are essential in order for the product to help protect the wearer from certain airborne contaminants. Failure to follow all instructions on the use of these respiratory protection product and/or failure to properly wear the complete product during all periods of exposure may adversely affect the wearer's health lead to severe or life threatening illness or permanent disability. For suitability and proper use follow local regulations, refer to all information supplied or contact a safety professional or your local 3M Personal Safety Division representative.

Welding Safety

⚠ WARNING

This product is designed to help protect the wearer's eyes and face from harmful radiation including visible light, ultra-violet radiation (UV), infra-red radiation (IR), sparks and spatter resulting from welding processes. These products must be used only by qualified persons who are properly trained in their use and maintenance. Misuse may result in permanent eye injury and vision loss. Always wear a CE approved safety spectacles in addition to any welding helmet. For suitability and proper use follow local regulations, refer to all information supplied or contact a safety professional or your local 3M Personal Safety Division representative.

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.

Warranty, Limited Remedy, and Disclaimer: A limitation of liability applies to the 3M product(s). For warranty statement and limitation of liability, refer to your supply agreement or the 3M terms & conditions of sale.

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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