Used wisely, your new sound equipment will provide a lifetime of fun and enjoyment. Since hearing damage from loud noise is often undetectable until it is too late, this manufacturer and CEA recommend you avoid prolonged exposure to excessive noise. The following list of sound levels is included for your protection.

**DECIBEL LEVEL EXAMPLES:**

- 30 Quiet library, soft whispers
- 40 Living room, refrigerator, bedroom away from traffic
- 50 Light traffic, normal conversation, quiet office
- 60 Air conditioner at 20 feet, sewing machine
- 70 Vacuum cleaner, hair dryer, noisy restaurant
- 80 Average city traffic, garbage disposal, alarm clock at two feet

**THE FOLLOWING NOISES CAN BE DANGEROUS UNDER CONSTANT EXPOSURE:**

- 90 Subway, motorcycle, truck traffic, lawn mower
- 100 Garbage truck, chain saw, pneumatic drill
- 120 Rock band concert in front of speakers, thunderclap
- 140 Gunshot blast, jet plane
- 180 Rocket launching pad

Information courtesy of the Deafness Research Foundation. For information on protection against noise-induced hearing loss, call DRF at 1 (202) 289-5850 or go to www.drf.org.

A safety tip from the Consumer Electronics Association (CEA)想: 2500 Wilson Boulevard Arlington, VA 22201

![CEA Logo]

**DEAR CUSTOMER:**

Selecting fine audio equipment such as the unit you’ve just purchased is only the start of your musical enjoyment. Now it’s time to consider how you can maximize the fun and excitement your equipment offers. This manufacturer and the Consumer Electronics Association® (CEA) want you to get the most out of your equipment by playing it at a safe level: a level that lets the sound come through clearly without annoying blaring or distortion – and, most importantly, without affecting your sensitive hearing.

Sound can be deceiving. Over time your hearing “comfort level” adapts to higher volumes of sound. So what sounds “normal” can actually be loud and harmful to your hearing. Guard against this by setting your equipment at a safe level BEFORE your hearing adapts.

**Remember ....

We Want You **LISTENING**

**For A LIFETIME**

**TO ESTABLISH A SAFE LEVEL:**

- Set your volume control at a low setting.
- Slowly increase the sound until you can hear it comfortably and clearly, without distortion.

**Once you have established a comfortable sound level:**

Set the dial and leave it there. Taking a minute to do this now will help preserve hearing.

**USE YOUR HEAD WHEN YOU USE YOUR HEADSET**

**BE SURE TO OBSERVE THE FOLLOWING GUIDELINES:**

- Do not turn up the volume so high that you can’t hear what’s around you.
- You should use caution or temporarily discontinue use in potentially hazardous situations.
- Do not use headphones while operating a motorized vehicle; it may create a traffic hazard and is illegal in many areas.