Since hearing damage from loud noise is often undetectable until it is too late, this manufacturer, CEA and ASHA recommend that you avoid prolonged exposure to excessive noise.

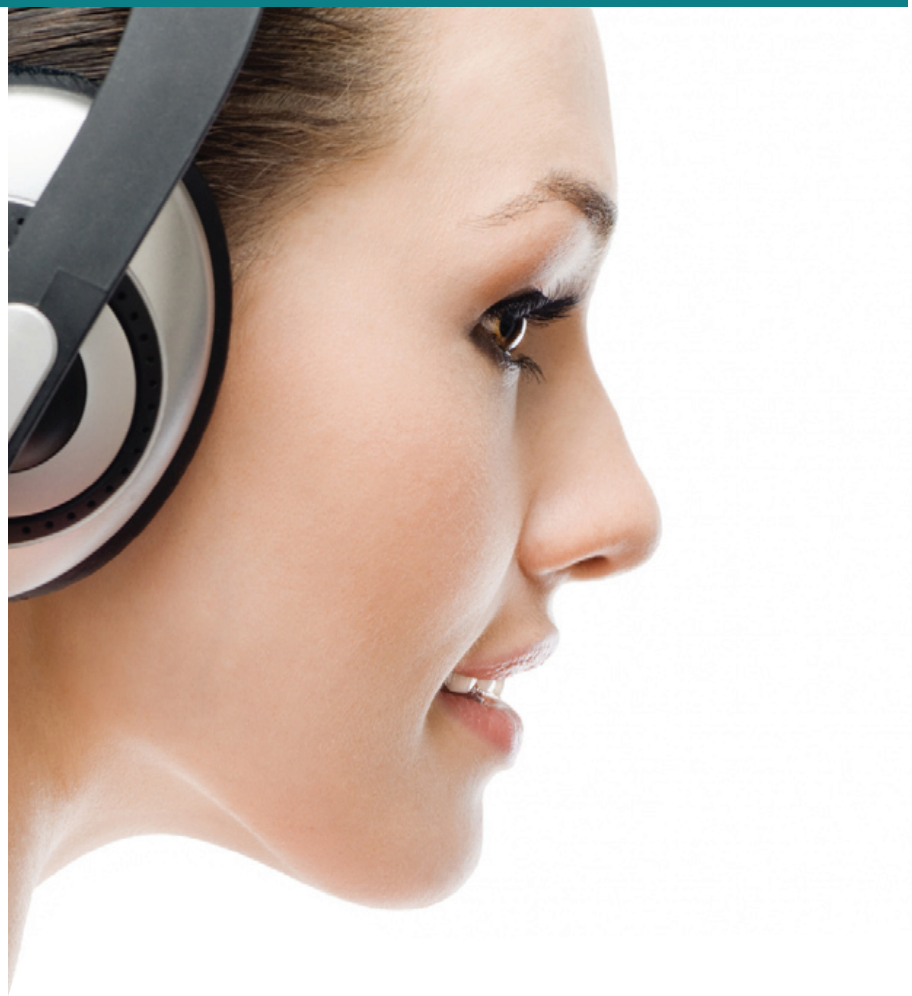
DECIBEL LEVEL EXAMPLES:

30 Whisper
40 Quiet room
50 Moderate rainfall
60 Normal conversation
70 Busy traffic, vacuum cleaner
80 Alarm clock

CONSTANT EXPOSURE TO THESE NOISES CAN BE DANGEROUS:

90 Lawn mower, motorcycle
100 Chain saw
110 Rock concert
120 Jet plane takeoff
130 Jackhammer
140 Firecrackers

For information on protection against noise-induced hearing loss, call the ASHA Action Center (800-638-8255), Monday through Friday, 8:30 a.m. to 5 p.m. To find an audiologist in your area, visit www.asha.org/findpro. Parents can find helpful information about how to protect their children's hearing and how to teach them about safe listening at www.listentoyourbuds.org, an ASHA award-winning public education campaign sponsored in part by CEA.



LISTENING FOR A LIFETIME

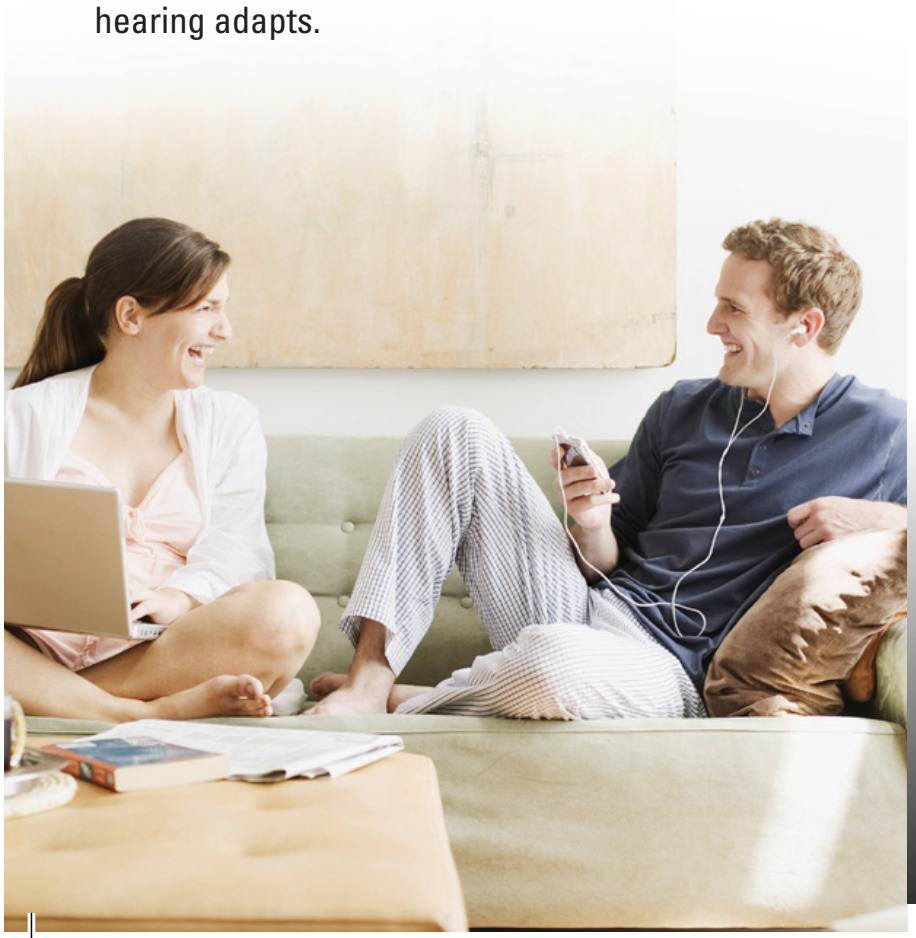
CEA Consumer Electronics Association

American Speech-Language-Hearing Association

www.CE.org **www.asha.org**

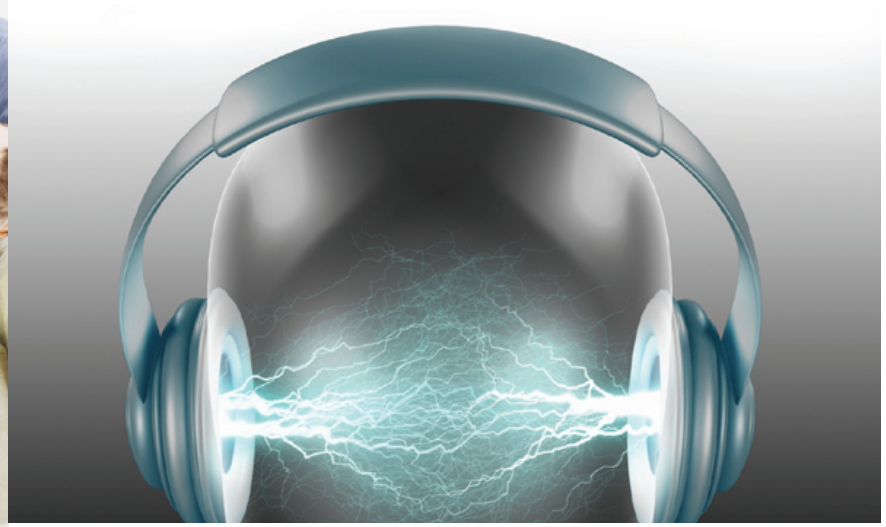
Selecting fine audio equipment such as the unit you've just purchased is only the start of your musical enjoyment. This manufacturer, the Consumer Electronics Association (CEA)® and the American Speech-Language-Hearing Association (ASHA) want you to get the most out of your equipment by playing it at a safe level without blaring or distortion and, most importantly, without damaging your sensitive hearing.

Over time your hearing "comfort level" adapts to higher volumes of sound so what sounds "normal" can actually be harmful. Guard against this by setting your equipment at a safe level **BEFORE** your hearing adapts.



TO ESTABLISH A SAFE LEVEL:

- Set your volume control to the lowest level where you can hear the music comfortably and clearly. Once the volume is set, leave it there. Prolonged exposure to anything over 85 decibels can cause gradual hearing loss.
- See if your music player has a volume limiter to set a maximum volume level on your player. This is a great solution for parents to ensure their children listen at a safe level.
- Limit listening time to give your hearing "quiet breaks."

BE SURE TO OBSERVE THE FOLLOWING GUIDELINES WHEN WEARING YOUR HEADPHONES OR EARBUDS:

- Do not turn up the volume so high that you can't hear sounds around you.
- Do not use headphones or earbuds while operating a motorized vehicle; it may create a traffic hazard and is illegal in many areas.