

Audio/Video Player Safety Instructions

Your MP3 player is equipped with a variety of features. To help you maximize your listening pleasure, SanDisk would like to advise you that it is important to use the headphones with your MP3 player at a safe hearing level.

- Exposure or repeated exposure for an extended period of time to music and other sounds that are too loud can cause damage to your hearing resulting in temporary or even permanent "noise induced hearing loss".
- Symptoms of hearing loss increase gradually with prolonged exposure at high levels of loudness.
- Initially, you may not even be aware of the loss unless detected with a hearing test.
- Your hearing may adapt to higher volumes of sound. In order to prevent any harmful impact to your hearing, you must control the sound emanating from your headphones and set the MP3 player's volume to a low setting where you can hear it clearly and comfortably.
- Studies, including one from NIDCD indicate that sounds of less than 80 decibels, even after long exposure, are unlikely to cause a hearing loss.
- Listen to your MP3 player at such a level that you can still hear conversation and other people in your environment without shouting when you attempt to converse.
- It can also be dangerous to play your music with headphones/earphones at high volume while walking or engaged in other activities. You should exercise extreme caution and discontinue use in potentially hazardous situations.
- Do not use headphones or earphones while driving, cycling, or operating any motorized vehicle. This may create a traffic hazard and may be illegal in some areas.

Hearing Levels

To help you understand what may be considered a safe hearing level, the following examples are included for your reference:

Examples of Typical Sounds Levels Approx. Sound Level in Decibels (dB)*

Refrigerator humming 40

Normal conversation 60

City traffic 80

Motorcycles/lawnmowers 90**

Rock concerts 110-120**

Firearms 120-140**

* dB - A decibel (dB) is a unit of relative measurement of the strength sound wave. In decibels (dB), a measured signal level doubles with every additional 3 dB.

** These sound decibel levels are considered harmful under extended exposure. The above information is courtesy of the National Institute of Deafness and Other Communication Disorders (NIDCD): www.nidcd.nih.gov/health/hearing/noise.asp

CAUTION
RISK OF EXPLOSION IF BATTERY IS REPLACED
BY AN INCORRECT TYPE.
DISPOSE OF USED BATTERIES ACCORDING
TO THE INSTRUCTIONS



■ Correct Disposal of this product. This marking indicated that this product should not be disposed with other household wastes throughout the EU. To prevent possible harm to the environment or human health from uncontrolled waste disposal, recycle it responsibly to promote the sustainable reuse of material resources. To return your used device, please use the return and collections systems or contact the retailer where the product was purchased. They can take this product for environmental safe recycling.