

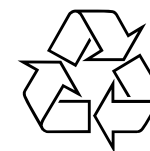
MP3-CD Soundmachine

AZ3068

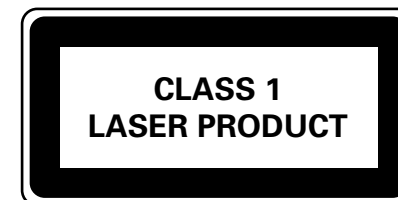
Meet Philips at the Internet

<http://www.philips.com>

User Manual



AZ 3068



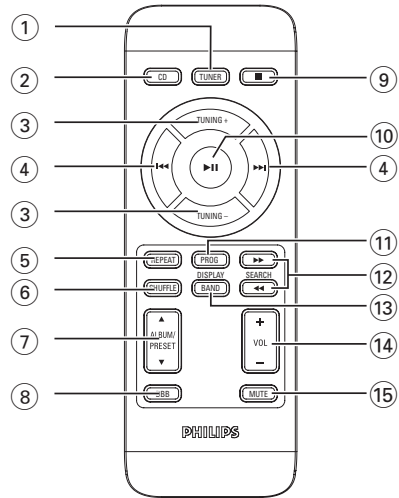
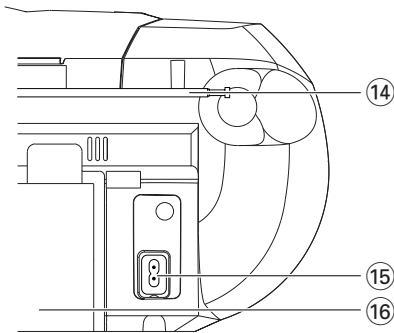
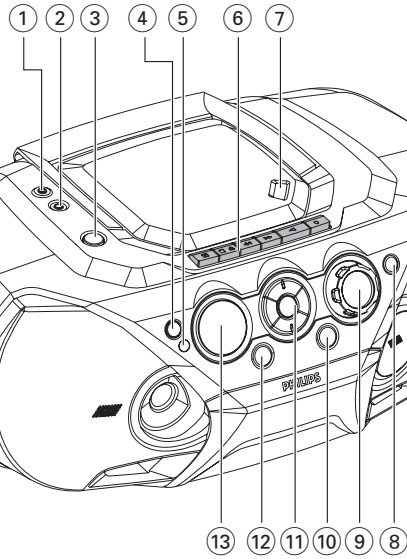
PHILIPS



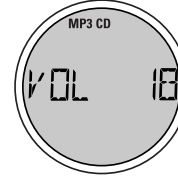
Printed in China

ZYL-0810

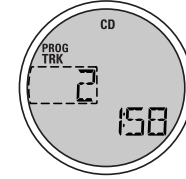
1



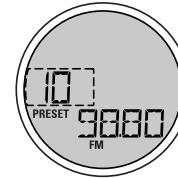
2



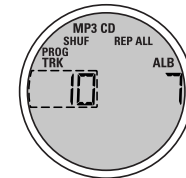
6



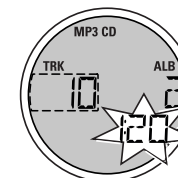
3



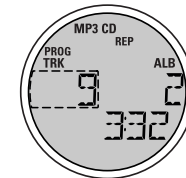
7



4



8



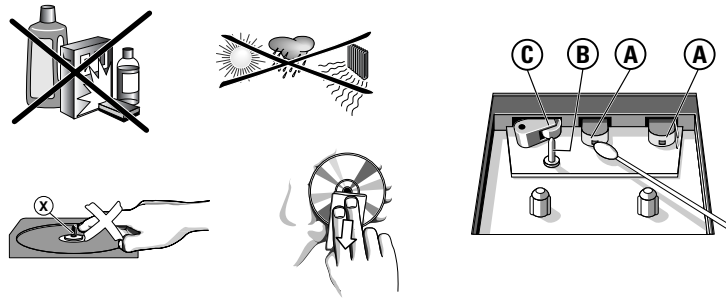
5



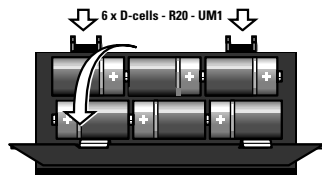
9



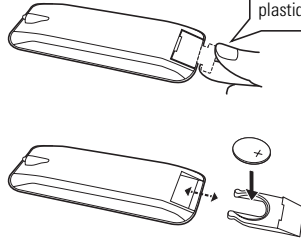
10



A



Remove the insulation plastic tab.
Retirez la feuille de protection en plastique.



Important notes for users in the U.K.

Mains plug

This apparatus is fitted with an approved 13 Amp plug. To change a fuse in this type of plug proceed as follows:

1. Remove fuse cover and fuse.
2. Fix new fuse which should be a BS1362 5 Amp, A.S.T.A. or BSI approved type.
3. Refit the fuse cover.

If the fitted plug is not suitable for your socket outlets, it should be cut off and an appropriate plug fitted in its place. If the mains plug contains a fuse, this should have a value of 5 Amp. If a plug without a fuse is used, the fuse at the distribution board should not be greater than 5 Amp.

Note: The severed plug must be disposed of to avoid a possible shock hazard should it be inserted into a 13 Amp socket elsewhere.

How to connect a plug

The wires in the mains lead are coloured with the following code: blue = neutral (N), brown = live (L). As these colours may not correspond with the colour markings identifying the terminals in your plug, proceed as follows:

- Connect the blue wire to the terminal marked N or coloured black.
- Connect the brown wire to the terminal marked L or coloured red.
- Do not connect either wire to the earth terminal in the plug, marked E (or e) or coloured green (or green and yellow).

Before replacing the plug cover, make certain that the cord grip is clamped over the sheath of the lead - not simply over the two wires.

Copyright in the U.K.

Recording and playback of material may require consent. See Copyright Act 1956 and The Performer's Protection Acts 1958 to 1972.

English

Congratulations on your purchase and welcome to Philips!

To fully benefit from the support that Philips offers, register your product at www.philips.com/welcome.

SUPPLIED ACCESSORIES

- AC mains lead
- Remote control

TOP AND FRONT PANELS (See 1)

- ① – 3.5 mm stereo headphone socket
Helpful hints: *The speakers will be muted when headphones are connected to the set.*
- ② **AUX** – 3.5 mm line-injack for external audio appliance
- ③ **STANDBY** – power on/ off switch
- ④ **Source selector** – selects CD/ TUNER/ AUX/ TAPE function
- ⑤ **IR Sensor** – infrared sensor for remote control
- ⑥ **Cassette recorder keys**
RECORD – starts recording
PLAY – starts playback
SEARCH – fast winds/rewinds tape
STOP•OPEN – opens the cassette compartment
– stops the tape
PAUSE II – pauses playback or recording
- ⑦ **OPEN•CLOSE** – press to open/close CD door
- ⑧ **DBB** – switches the bass enhancement on (DBB1 or DBB2) / off
- ⑨ **VOLUME** – adjusts volume level
- ⑩ **FM•MW•DISPLAY**
TUNER: selects wavebands
MP3/WMA: display MP3/WMA-CD information
- ⑪ **Navigation controls**
PRESET (ALB/ PRE) -, + (down, up) –
MP3/WMA only: selects previous / next album.
TUNER: selects a preset station.
 – stops CD playback;
– erases a CD programme
SEARCH –
CD/MP3/WMA: – searches backwards and forwards within a track;
– skips to the beginning of a current/ previous/ later track
TUNER: tunes to radio stations (down, up).
MODE – selects different play modes: e.g. **REPEAT** or **SHUFFLE** (random order)
 – starts or pauses disc playback

CONTROL

- ⑫ **PROGRAM**
CD/MP3/WMA: programs tracks and reviews the program;
Tuner: programs preset radio stations
- ⑬ **Display** – shows the status of the set

BACK PANEL

- ⑭ **Telescopic aerial** – improves FM reception
- ⑮ **AC MAINS** – inlet for mains lead
- ⑯ **Battery compartment** – for 6 batteries, type R-20, UM1 or D-cells

REMOTE CONTROL (See 1)

- ① **TUNER** – selects tuner source
- ② **CD** – selects CD sound source
- ③ **TUNING** -, + – tunes to tuner stations
- ④ – skips to the beginning of a current/ previous/ subsequent disc track
- ⑤ **REPEAT** – select repeat modes
- ⑥ **SHUFFLE** – selects shuffle modes
- ⑦ **ALBUM/PRESET** –
MP3/WMA only: select next/ previous album.
TUNER: select a preset station.
- ⑧ **DBB** – switches the bass enhancement on (DBB1 or DBB2)/ off
- ⑨ – stops disc playback;
– erases a disc program
- ⑩ – starts/ pauses disc playback
- ⑪ **PROGRAM**
CD/MP3/WMA: programs tracks and reviews the program;
Tuner: programs preset radio stations
- ⑫ **SEARCH** – searches backwards/ forwards within a disc track
- ⑬ **BAND / DISPLAY**
– selects wavebands
– display MP3/WMA-CD information
- ⑭ **VOLUME** +, - (up, down) – adjusts volume level
- ⑮ **MUTE** – interrupts/ resumes sound

CAUTION

Use of controls or adjustments or performance of procedures other than herein may result in hazardous radiation exposure or other unsafe operation.

POWER SUPPLY

POWER SUPPLY

Whenever convenient, use the mains supply to conserve battery life. Make sure you remove the power plug from the set and wall socket before inserting batteries.

Batteries (not included)

- Insert 6 batteries, type **R-20, UM-1** or **D-cells**, (preferably alkaline) with the correct polarity. (See A)

Remote control

Important!

- **Before using the remote control, remove the insulation plastic tab as shown in fig. A.**
- **If the remote control does not function correctly or the operating range is reduced, replace the battery with a new (CR2025) type battery**

- 1 Pull the battery tray out.
- 2 Replace a new battery
- 3 Fully insert the battery tray back to the original position.

Incorrect use of batteries can cause electrolyte leakage and will corrode the compartment or cause the batteries to burst.

- *Do not mix battery types: e.g. alkaline with carbon zinc. Only use batteries of the same type for the set.*
- *When inserting new batteries, do not try to mix old batteries with the new ones.*
- **Batteries contain chemical substances, so they should be disposed of properly.**

IMPORTANT!

For users in the U.K.: please follow the instructions on the upper righthand-side.

Using AC Mains

- 1 Check if the mains supply, as shown on **the type plate located on the bottom of the set**, corresponds to your local mains supply. If it does not, consult your dealer or service centre.
- 2 Connect the mains lead to the wall socket.
- 3 To disconnect the mains supply, unplug the set from the wall socket.
- 4 Install the unit near the AC outlet and where the AC power plug can be easily reached.

BASIC FUNCTIONS

Auto-Standby mode

When a CD has reached the end of playback and remains in the stop position for more than 15 minutes, the set will switch off automatically to save mains. When in pause position for 5 minutes, the CD playback will stop automatically. 15 minutes later, the set switches off.

BASIC FUNCTIONS

Switching on and off and selecting function

- 1 Press **STANDBY** (on the set only) to switch on.
- 2 Press **Source selector** once or more to select: **CD, TUNER, AUX** or **TAPE** function.
- 3 Press to switch off the set.

Helpful hints:

- *To change from TAPE to CD, TUNER or AUX function, or when you are switching off the set: first, make sure you press the tape STOP key to end playback and all the cassette keys are released.*
- *The tone, sound settings, tuner presets and the volume level (up to a maximum volume level of 20) will be retained in the set's memory.*

ADJUSTING VOLUME AND SOUND

- Adjust the volume with the **VOLUME** control.
→ Display shows the volume level and a number from 0-32. (See 2)

Bass adjustment

There are three **DBB** (Dynamic Bass Boost) options:

- **Off:** no bass enhancement
- **DBB1:** moderate bass enhancement
- **DBB2:** strong bass enhancement
- Press **DBB** once or more to select your option.
→ DBB1,2 appears if DBB is activated.

How to MUTE the sound

1. Press **MUTE** on the remote control to interrupt sound reproduction instantly.
→ Playback continues without sound and in the display flashes **MUTE**.
2. To reactivate sound reproduction you can:
 - press **MUTE** again;
 - adjust the volume controls;
 - change to another source.

DIGITAL TUNER

DIGITAL TUNER

Tuning to radio stations

- 1 Press **⏻** to on, then press **Source selector** to select **TUNER** (or press **TUNER** on the remote control).
 - **TUNER** is displayed briefly and then the radio station frequency, waveband and, if programmed, a preset number are shown. (See [3])
 - 2 Press **FM•MW** once or more to select your waveband. (or press **BAND** on the remote control)
 - 3 Press and hold **SEARCH** **◀▶** (or **TUNING - , +** on the remote control) until the frequency in the display starts running.
 - The radio automatically tunes to a station of sufficient reception. Display shows **SEARCH** during automatic tuning.
 - 4 Repeat steps 2-3 if necessary until you find the desired station.
 - To tune to a weak station, press **◀▶** briefly and repeatedly until you have found optimal reception.
- To improve radio reception:**
- For **FM**, extend, incline and turn the telescopic aerial. Reduce its length if the signal is too strong.
 - For **MW**, the set uses a built-in aerial. Direct this aerial by turning the whole set.

Programming radio stations

You can store up to a total of 30 radio stations in the memory, manually or automatically (Autostore).

Manual programming

- 1 Tune to your desired station (see **Tuning to radio stations**).
- 2 Press **PROGRAM** to activate programming.
 - Display: **program** flashes.
- 3 Press **PRESET (ALB/ PRE) - , +** once or more to allocate a number from 1 to 30 for this station.
- 4 Press **PROGRAM** to confirm.
 - Display shows the preset number, waveband and the frequency of the preset station.
- 5 Repeat steps 1-4 to store other stations.

Helpful hints: You can erase a preset station by storing another frequency in its place.

DIGITAL TUNER

Autostore

Autostore automatically starts programming radio stations from preset 1. Any previous presets e.g. manually programmed will be erased.

- Press and hold **PROGRAM** until **AUTOSTORE** appears.
 - Available stations are programmed.
 - After all stations are stored, the first autostore preset station will then automatically play.

To listen to a preset or autostore station

Press the **PRESET (ALB/ PRE) - , +** buttons once or more until the desired preset station is displayed.

This set complies with the radio interference requirements of the European Union.

MP3-CD/CD PLAYER

About MP3

The music compression technology MP3 (MPEG1 Audio Layer 3) significantly reduce the digital data of an audio CD while maintaining CD quality sound.

- **Getting MP3 files:** you can either download legal music files from the internet to your computer hard disc, or create such files by converting audio CD files in your computer through appropriate encoder software. (128kbps bit rate or higher is recommended for MP3 files.)
- **Creating a MP3 CD:** burn the music files from your computer hard disc on a CDR or CDRW using your CD burner.

Helpful Hints:

- Make sure that the file names of the MP3/WMA files end with **.mp3** or **wma**.
- Total number of music files and albums: around 350 (with a typical file name length of 20 characters).
- The length of file names affects the number of tracks for playback. With shorter file names, more files can be burned on a disc.

Playing a disc

This player plays Audio Discs including CD-R/CD-RWs, and MP3 CDs.

- CD-I, CDV, VCD, DVD or computer CDs are not possible.
 - DRM-protected WMA disc is not supported.
1. Press **STANDBY ON** **⏻** once or more to on, then select **CD** source (or press **CD** on the remote control).
 2. Press **OPEN•CLOSE** to open the disc door.
 - Display show **CD OPEN** when the disc door is open.
 3. Insert a disc with the printed side facing up and press down on **OPEN•CLOSE** to close the CD door.
 - **READY** is displayed as the player scans the contents of a disc.
 - MP3-CDs may take more than 10 seconds to read.
 - Audio CD: the total number of tracks and the total playing time are displayed.
 - MP3-CD: the total numbers of tracks and albums are displayed respectively.
 4. Press **▶II** to start playback.
 - **MP3-CD /WMA only:** the album/track information appears (if the ID3 tag information is available).

MP3-CD/CD PLAYER

Helpful Hints:

- When playing a disc with CD Audio tracks and MP3/WMA files, the CD Audio tracks will be played first.
 - “0” is shown as your album number, if you have not organized your MP3/WMA files into any albums on your disc.
5. To pause playback press **▶II**. Press **▶II** again to resume play.
 - Time digits flashes during pause. (See [4])

6. To stop playback, press **■**.

Helpful Hints:

- CD play will also stop when:
- the disc door is opened
 - the disc has reached the end
 - you select other sound sources.

Display information (MP3/WMA-CD only)

The ID3 tag is part of an MP3/WMA file and contains various track information such as the track's title or the artist's name.

- During playback, press **FM•MW•DISPLAY** on the set repeatedly to view ID3 tag information or select your display function.
 - Display shows: **NO ID3 TAG** if ID3 tag information is not available.

Helpful Hints:

- Complete the ID3 tag information with your MP3/WMA encoder software before burning the MP3/WMA-CD.

Selecting a different track

- Press **SEARCH** **◀▶** (**◀▶** or **▶II** on the remote control) once or repeatedly until the desired track number appears in the display.

MP3-CD/WMA only:
First press **ALBUM/ PRESET -** or **+** once or more to find your album.
 - In the pause/stop position, press **▶II** to start playback.
- #### Helpful Hints:
- In shuffle modes, press **◀▶** to go to the beginning of the current track.

MP3-CD/CD PLAYER

Finding a passage within a track

1. During playback, press and hold **SEARCH** ◀◀ or ▶▶ (◀◀, or ▶▶ on the remote control)
→ The disc is played at high speed and low volume.
2. When you recognize the passage you want, release ◀◀ or ▶▶.
→ Normal playback continues.

Programming track numbers

In the stop position, select and store your CD tracks in the desired sequence. Up to 20 tracks can be stored in the memory.

1. In the stop position, press ◀◀ or ▶▶ once or repeatedly to select your desired track number.

MP3-CD/WMA only:

- First press **ALBUM/ PRESET** – or + once or more to find your album.
2. Press **PROGRAM**.
→ **PROG** and the number of tracks stored appear briefly. (See [5])
→ Display shows: **PROG** and the selected track number. (See [6])
 3. Repeat steps 1-2 to select and store all desired tracks.
 4. To start playback of your disc program, press ▶▶.

✔ Helpful Hints:

- During normal playback, you can press **PROGRAM** to add a current track to your program list.
- **SELECT TRACK** appears if you press **PROGRAM** and there is no track selected.
- **FULL** appears if you try to store more than 20 tracks.

Reviewing the program

- In the stop position, press and hold down **PROGRAM** for a while until the display shows all your stored track numbers in sequence.

✔ Helpful Hints:

- Display shows : **NO PROG** if there is no track programmed.

MP3-CD/CD PLAYER

Clearing a program

You can erase the contents of the memory by:

- Press ■:
 - Once, if in the stop position;
 - Twice, during playback.
 - Press **STANDBY ON** ⏻;
 - Select another sound source;
 - open the CD door
- **CLEAR** displayed briefly, and **program** disappears.

Different play modes: SHUFFLE and REPEAT (See [7] - [8])

You can select and change the various play modes before or during playback. The play modes can be combined with **PROGRAM**.

- shuffle** - tracks of the entire CD/ program are played in random order
 - shuffle repeat all** - to repeat the entire CD/ program continuously in random order
 - repeat all** - repeats the entire CD/ program
 - repeat** - plays the current track continuously
1. To select play mode, press **MODE** once or more. (**SHUFFLE / REPEAT** on the remote control).
 2. Press ▶▶ to start playback if in the stop position.
 - If you have selected **shuffle**, playback starts automatically.
 3. To select normal playback, press **MODE** repeatedly until the various modes are no longer displayed.
 - You can also press the ■ to cancel your play mode in playing.

AUX / CASSETTE RECORDER

AUX (audio cable not included) (See [9])

This 3.5mm socket allows you to connect other audio equipment to your system.

1. Press ⏻ to on, then the **source selector** to select **AUX**.
→ Display shows: **AUX** and **PHILIPS** scrolls
2. Use an audio cable to connect the AUX socket to the LINE OUT/headphone socket on your external equipment.
3. To avoid noise distortion, turn down the volume on your external equipment.
4. To adjust the sound and volume, use the sound controls on your external equipment and the AZ3068.

Cassette recorder

Cassette playback

1. Press ⏻ to on, then the **source selector** to select **TAPE**.
→ Display shows **TAPE** throughout tape operation.
2. Insert a cassette and close the door.
3. Press **PLAY** ◀ to start playback.
4. To pause, press **PAUSE II**. Press **PAUSE II** again to resume.
5. Press **SEARCH** ◀◀/▶▶ to fast wind the tape.
6. To stop the tape, press **STOP•OPEN** ■▲.

✔ Helpful Hints:

– During playback, the keys are automatically released at the end of a tape and the set is switched off (unless **PAUSE mode II** has been activated.)

– During fast forwarding/rewinding, the keys will not be released at the end of a tape. To switch off the set, make sure the cassette keys are also released.

CASSETTE RECORDER

GENERAL INFORMATION ON RECORDING

- Recording is permissible insofar as copyright or other rights of third parties are not infringed.
- For recording, use only **NORMAL** type cassettes (IEC type I) on which the tabs have not yet been broken. This deck is not suited for recording on **CHROME** (IEC II) or **METAL** (IEC IV) type cassettes.
- The best recording level is set automatically. Altering the **VOLUME** or **BASS** controls will not affect the recording.
- To protect a tape from accidental erasure, break out the tabs. If you wish to record again, cover the tabs with a piece of adhesive tape.

Recording from the CD Player

- 1 Select **CD** source.
- 2 Insert a CD and if desired, program track numbers.
- 3 Press **STOP•OPEN** ■▲ to open the cassette holder. Insert a blank tape and close the deck.
- 4 Press **RECORD** ● to start recording.
- 5 Press ▶▶ to start CD playback.
- 6 For brief interruptions press **PAUSE II**. To resume recording, press **PAUSE II** again.
- 7 To stop recording, press **STOP•OPEN** ■▲.

Recording from the Radio

- 1 Tune to the desired radio station (see Tuning to radio stations).
- 2 Follow steps 3-7, under CD Synchro Start recording.

MAINTENANCE & SAFETY

MAINTENANCE & SAFETY (See 10)

CD player and disc handling

- If the CD player cannot read CDs correctly, use a cleaning CD to clean the lens before taking the set to repair.
- The lens of the CD player should never be touched!
- Sudden changes in the surrounding temperature can cause condensation on the lens of your CD player. Playing a CD is then not possible. Do not attempt to clean the lens but leave the set in a warm environment until the moisture evaporates.
- Always close the CD door to avoid dust on the lens.
- To clean the CD, wipe in a straight line from the centre towards the edge using a soft, lint-free cloth. Do not use cleaning agents as they may damage the disc.
- Never write on a CD or attach any stickers to it.

Tape deck maintenance

To ensure quality recording and playback of the tape deck, clean parts (A), (B) and (C) as shown, once a month. Use a cotton bud slightly moistened with alcohol or a special head cleaning fluid to clean the deck.

- 1 Open the cassette door.
- 2 Press **PLAY** ◀ and clean the roller (C).
- 3 Press **PAUSE** || and clean the heads (A), and the capstan (B).
- 4 After cleaning, press **STOP/OPEN** ■▲.

Safety Information

- Place the set on a hard, flat and stable surface so that the system does not tilt.
- Where the MAINS plug or an appliance coupler is used as the disconnnet device, the disconnnet device shall remain readily operable.

- Do not expose the set, batteries, CDs to humidity, rain, sand or excessive heat caused by heating equipment or direct sunlight.
- The apparatus shall not be exposed to dripping or splashing.
- Adequate ventilation with a minimum gap of 6 inches between the ventilation holes and surrounding surfaces is necessary to prevent heat build-up.
- The ventilation should not be impeded by covering the ventilation openings with items, such as newspapers, table-cloths, curtains, etc..
- No objects filled with liquids, such as vases, shall be placed on the apparatus.
- No naked flame sources, such as lighted candles, should be placed on the apparatus.
- The mechanical parts of the set contain self-lubricating bearings and must not be oiled or lubricated.
- To clean the set, use a dry cloth. Do not use any cleaning agents containing alcohol, ammonia, benzene or abrasives as these may harm the housing.
- Batteries (battery pack or batteries installed) shall not be exposed to excessive heat such as sunshine, fire or the like.

CAUTIONS:

- **Visible and invisible laser radiation. If the cover is open, do not look at the beam.**
- **High voltage! Do not open. You run the risk of getting an electric shock. The machine does not contain any user-serviceable parts.**
- **Modification of the product could result in hazardous radiation of EMC or other unsafe operation.**

Specifications

Power Consumption ≤ **24 W**
Dimensions (w x h x d) **471 x 153 x 251 (mm)**
Weight **3.8 kg**

TROUBLESHOOTING

If a fault occurs, first check the points listed below before taking the set for repair. If you are unable to remedy a problem by following these hints, consult your dealer or service centre.

WARNING: *Do not open the set as there is a risk of electric shock! Under no circumstances should you try to repair the set yourself, as this will invalidate the warranty.*

No sound /power

- *Volume not adjusted*
 - Adjust the VOLUME
- *Power Cord not securely connected*
 - Connect the AC power cord properly
- *Batteries flat / incorrectly inserted*
 - Insert (fresh) batteries correctly
- *Headphones connected to the set*
 - Disconnect headphones
- *Electrostatic discharge/interference*
 - Unplug the set. If batteries inserted, remove batteries from the battery compartment. Press and hold **STANDBY ON** ⏻ for 10 seconds, then re-plug / replace battery supply, and try activating the set again.
- *CD contains non-audio files*
 - Press **SEARCH** ◀◀ or ▶▶. once or more to skip to a CD audio track, instead of the data file

Severe radio hum or noise

- *Electrical interference: set too close to TV, VCR or computer*
 - Move the set to increase the distance

Remote control does not function properly

- *Batteries flat/ incorrectly inserted*
 - Insert (fresh) batteries correctly
- *Distance/ angle between the set too large*
 - Reduce the distance/ angle

Poor radio reception

- *Weak radio signal*
 - FM / MW: Adjust the FM / MW telescopic aerial

NF DISC indication

- *CD-R(W) is blank/ not finalized*
 - Use a finalized CD-R(W)

INSERT DISC/CHECK DISC/DISC ERROR indication

- *No CD inserted*
 - Inserted a suitable disc
- *CD badly scratched or dirty*
 - Replace/ clean CD, see Maintenance
- *Laser lens steamed up*
 - Wait until lens has cleared

The CD skips tracks

- *CD damaged or dirty*
 - Replace or clean CD
- *shuffle or program is active*
 - Switch off shuffle / program

Sound skips during MP3/WMA playback

- *MP3/WMA file made at compression level exceeding 320kbps*
 - Use a lower compression level to record CD tracks into MP3/WMA format
- *Disc damaged or dirty*
 - Replace or clean disc

Poor cassette sound quality

- *Dust and dirt on the heads, etc.*
 - Clean deck parts, see Maintenance
- *Use of incompatible cassette types (METAL or CHROME)*
 - Only use NORMAL (IEC I) for recording

Recording does not work

- *Cassette tab(s) may be broken*
 - Apply adhesive tape over the missing tab space

Environmental information

We have done our best to reduce the packaging and make it easy to separate into 3 materials: cardboard, expandable polystyrene, polyethylene.

Your set consists of materials which can be recycled if disassembled by a specialized company. Please observe the local regulations regarding the disposal of packaging, exhausted batteries and old equipment.

Disposal of your old product

Your product is designed and manufactured with high quality materials and components, which can be recycled and reused.

When this crossed-out wheeled bin symbol is attached to a product it means the product is covered by the European Directive 2002/96/EC.



Please inform yourself about the local separate collection system for electrical and electronic products.

Please act according to your local rules and do not dispose of your old products with your normal household waste. The correct disposal of your old product will help prevent potential negative consequences for the environment and human health.

The making of unauthorized copies of copy-protected material, including computer programmes, files, broadcasts and sound recordings, may be an infringement of copyrights and constitute a criminal offence. This equipment should not be used for such purposes.



Be responsible
Respect copyrights

Hearing Safety

Listen at a moderate volume.

- Using headphones at a high volume can impair your hearing. This product can produce sounds in decibel ranges that may cause hearing loss for a normal person, even for exposure less than a minute. The higher decibel ranges are offered for those that may have already experienced some hearing loss.
- Sound can be deceiving. Over time your hearing "comfort level" adapts to higher volumes of sound. So after prolonged listening, what sounds "normal" can actually be loud and harmful to your hearing. To guard against this, set your volume to a safe level before your hearing adapts and leave it there.

To establish a safe volume level:

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

Listen for reasonable periods of time:

- Prolonged exposure to sound, even at normally "safe" levels, can also cause hearing loss.
- Be sure to use your equipment reasonably and take appropriate breaks.

Be sure to observe the following guidelines when using your headphones.

- Listen at reasonable volumes for reasonable periods of time.
- Be careful not to adjust the volume as your hearing adapts.
- 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, cycling, skateboarding, etc.; it may create a traffic hazard and is illegal in many areas.