



# PROPER HEADPHONE AND EARBUD USE

Don't shove your earbuds in too far

Never listen to music at 85 decibels (db) or greater

Clean your earbuds often. Wipe them down frequently

Follow the 60/60 rule  
Keep the music no louder than 60% of maximum volume and limit listening to 60 minutes at a time



If you are using your earbuds outdoors, stay alert and be on the lookout for cars, other people and road hazards.