

## ! IMPORTANT Monster® Performance and Safety Tips

### Listen Responsibly

To avoid hearing damage, make sure that the volume on your music player is turned down before connecting your headphones. After placing headphones in your ears, gradually turn up the volume until you reach a comfortable listening level.

Noise levels are measured in decibels (dB), exposure to any noise at or above 85 dB can cause gradual hearing loss.

Monitor your use; hearing loss is a function of loudness versus time. The louder it is, the less time you can be exposed to it. The softer it is, the more time you can listen to it. Refer to the chart\* on the following page.

This decibel (dB) table compares some common sounds and shows how they rank in potential harm to hearing.

SOUND	NOISE LEVEL (dB)	EFFECT
Whisper	30	Very quiet
Quiet Office	50-60	Comfortable hearing levels are under 60 dB
Vacuum Cleaner, Hair Dryer	70	Intrusive; interferes with telephone conversations
Food Blender	85-90	85 dB is the level at which hearing damage (8 hrs.) begins
Garbage Truck, Cement Mixer	100	No more than 15 minutes of unprotected exposure recommended for sounds between 90-100 dB
Power Saw, Drill/ Jackhammer	110	Regular exposure to sound over 100 dB of more than 1 minute risks permanent hearing loss
Rock Concerts (varies)	110-140	Threshold of pain begins around 125dB

\*Chart information obtained from [http://www.nidcd.nih.gov/health/education/teachers/common\\_sounds.asp](http://www.nidcd.nih.gov/health/education/teachers/common_sounds.asp)

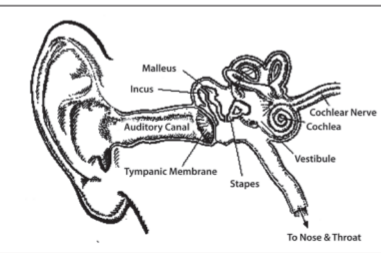
“...a typical person can safely listen to an iPod for 4.6 hours per day at 70% volume.”

“...knowing the levels one is listening to music at, and for how long is extremely important.”

From <http://www.cbc.ca/health/story/2006/10/19/music-earphones.html>

Get the most out of your equipment and enjoy great audio performance even at safe levels. Our headphones will allow you to hear more details at lower volume levels than ever before.

### Physiology of the Ear and Hearing



For additional information on what loud noises do to your ear and chart reference <http://www.abelard.org/hear/hear.php#loud-music>

### Use Responsibly

Do not use headphones when it's unsafe to do so – while operating a vehicle, crossing streets, or during any activity or in an environment where your full attention to your surroundings is required.

It's dangerous to drive while wearing headphones, and in many places, illegal because it decreases your chances of hearing life-saving sounds outside of your vehicle, such as another car's horn and emergency vehicle sirens.

Please avoid wearing your headphones while driving. Use one of Monster's FM transmitters to listen to your mobile media devices instead.

If you are using iSport while participating in watersports like boating, waterskiing, and jetskiing, make sure to obey all waterway laws and heed all caution and safety warnings.

Learn how to establish a safe listening level and review other important safety guidelines from the Consumer Electronics Association at [www.ce.org](http://www.ce.org) and the Deafness Research Foundation at [www.drf.org](http://www.drf.org).

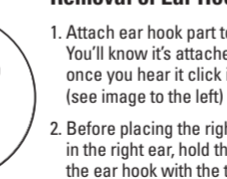
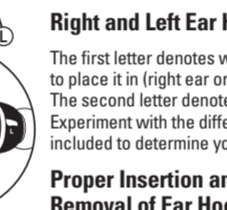
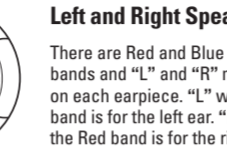


### Eartip Selection: Vital to Sound Quality and Comfort

The tips on the ends of your iSport In-Ear Speakers™ make the difference between good sound and great sound. With the right fit, you'll get better isolation from unwanted outside noise, increased bass response, better tonal balance and the

headphones will stay in your ears better. Of course, the right fit will also feel more comfortable. Because everyone's ears are unique, Monster supplies several sizes and designs of eartips. Getting the perfect fit with the correct tip is a matter of experimentation. Try out all the eartips included with your iSport headphones to find the best fit for the size and shape of your ear canal.

Monster recommends that you try the smallest tip first and work upwards in size until you find a comfortable fit that has a good seal and also stays in your ears without falling out. Also try different style tips to see which works best for you.



### Left and Right Speakers

There are Red and Blue colored bands and “L” and “R” markings on each earpiece. “L” with the Blue band is for the left ear. “R” with the Red band is for the right ear.

### Right and Left Ear Hooks

The first letter denotes which ear to place it in (right ear or left ear). The second letter denotes size. Experiment with the different sizes included to determine your ideal fit.

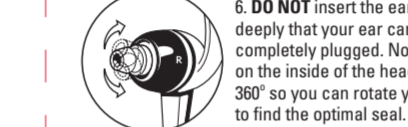
### Proper Insertion and Removal of Ear Hooks

1. Attach ear hook part to headphone. You'll know it's attached properly once you hear it click into place. (see image to the left)
2. Before placing the right earphone in the right ear, hold the body of the ear hook with the thumb and middle finger of your right hand.
3. Using your index finger, press down on the ear hook.

### Using iSport™ in the Water

iSport headphones are designed and engineered for use with water sports, but not at depth.

– Good for swimming, surfing, jet skiing  
– Not intended for deep sea diving



4. Insert the right earphone into the ear canal of your right ear.

5. Let go of the ear hook and it will spring into place, lodging itself alongside the ridge in between your ear canal and your outer ear.

### iSport™ Eartip Fit Testing

A good way to gauge whether or not the eartip is sealing properly in your ear canal is by snapping your fingers right next to your ear. If the seal is proper, your ear will not feel “plugged,” yet the snapping of your fingers will sound dull and distant. If you hear your finger snapping distinctly, the seal is probably not adequate. If the sound of your finger snapping is dull and distant, but your ear feels plugged up, like you're on an airplane preparing to land, then you've over-inserted the eartip.

### Cleaning the Eartips

Keeping your iSport eartips clean is essential for safe, hygienic use.

1. Firmly grip the eartip with one hand and the earphone with the other. Carefully remove the eartip from the eartube.

2. Use warm water and mild soap on a damp cloth to remove dirt and earwax from the eartip. **DO NOT** use harsh cleaning agents.



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