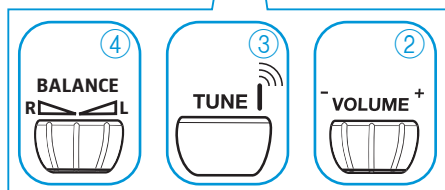
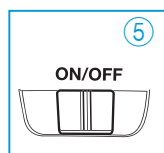
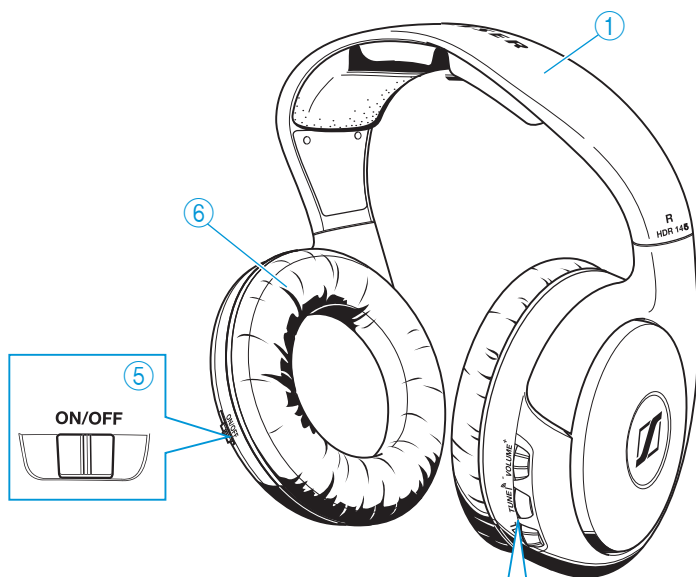


Additional Headphones for RS 145 comfort  
**HDR 145**



Instruction manual







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## Important safety instructions

- Please read this instruction manual carefully and completely before using the device.
- Make this instruction manual easily accessible to all users at all times. Always include this instruction manual when passing the device on to third parties.
- Do not use the device in situations which require special attention (e.g. when performing skilled jobs).
- Always keep the device dry and do not expose it to extreme temperatures.

### Intended use of the device

Intended use includes:

- having read this instruction manual, especially the chapter “Safety instructions”,
- using the device within the operating conditions and limitations described in this instruction manual.

“Improper use” means using the device other than as described in this instructions, or under operating conditions which differ from those described herein.
















## Safety instructions for NiMH rechargeable batteries

If abused or misused, rechargeable batteries may leak. In extreme cases, they may even present



- a heat hazard,
- a fire hazard,
- a leakage hazard,
- an explosion hazard,
- a smoke or gas hazard.

Please understand that Sennheiser does not accept liability for damage arising from abuse or misuse.

	Keep away from children.		Only use original Sennheiser rechargeable batteries.
	Observe correct polarity.		Do not short-circuit.
	Do not expose to moisture.		Switch rechargeable battery-powered devices off after use.
	Do not pack charged batteries loose – danger of shorting out/ fire hazard.		Only charge rechargeable batteries with the appropriate Sennheiser chargers.
	Do not continue to use defective rechargeable batteries.		Do not heat above 70 °C/158 °F, e.g. do not expose to sunlight or throw into a fire.
	Do not mutilate or dismantle.		Only charge rechargeable batteries at ambient temperatures between 10 °C and 40 °C.
	Immediately remove rechargeable batteries from obviously defective devices.		Dispose of rechargeable batteries at special collection points or return them to your specialist dealer.
	When not using rechargeable batteries for extended periods of time, charge them regularly (about every three months).		

## The HDR 145 RF headphones

The HDR 145 headphones are part of the RS 145 comfort RF stereo hi-fi headphone system. The closed, circumaural RF stereo headphones offer excellent sound quality and allow for wireless listening everywhere in the house and garden.

The lightweight headphones are extremely comfortable to wear and very easy to use. The volume can easily be adjusted to individual needs. Enjoy a completely unrestricted listening experience without disturbing others.

### Delivery includes


- 1 HDR 145 headphones
- 2 AAA size NiMH rechargeable batteries, 1.2 V
- 1 instruction manual






# Product overview

An overview of the headphones is given on the inside front cover of this instruction manual.

## Overview of the headphones

- ① Headband
- ② Volume control
- ③ TUNE button 
- ④ Balance control for R/L volume adjustment
- ⑤ ON/OFF switch
- ⑥ Earpad

## Overview of the acoustic signals

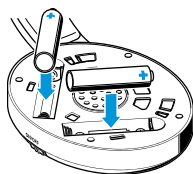
Acoustic signal		Meaning
	6 short beeps	No signal! Transmitter is switched off or out of range.
	2 long beeps	Rechargeable batteries are almost flat.
	Sequence of 3 beeps	Headphones have been switched off.

# Putting the HDR 145 into operation

## Inserting and changing the headphones' rechargeable batteries

Before using the HDR 145 for the first time, you have to insert the supplied rechargeable batteries.

- ▶ Lift the left earpad ⑥ off as described under "Replacing the earpads" on page 11.
- ▶ Insert the rechargeable batteries. Observe correct polarity when inserting the batteries.
- ▶ Put the earpad ⑥ back in place.



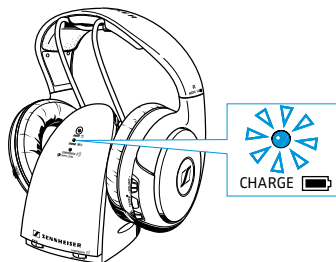
If the operating time decreases drastically even when the rechargeable batteries are fully charged, the rechargeable batteries are exhausted and have to be replaced.

## Charging the headphones' rechargeable batteries



Charge the rechargeable batteries for at least 16 hours prior to first time use. Subsequent charging time is about the same time as the previous operating time. The operating time is up to 23 hours.

- ▶ Place the headphones on the charging cradle. Make sure that the charging indicator on the transmitter lights up red. The headphones automatically switch off and the rechargeable batteries are being charged.





Always store the headphones on the charging cradle to ensure that they are fully charged when they are needed. When the rechargeable batteries are fully charged, the transmitter automatically switches to trickle charging and the charging indicator on the transmitter flashes slowly.

Nearly discharged batteries will significantly reduce the sound quality. Approx. 10 minutes before the batteries are completely discharged, an acoustic signal is produced.

## Adjusting the headband of the headphones

For good sound quality and best possible comfort, the headband has to be adjusted to properly fit your head:

- ▶ Wear the headphones so that the headband ① runs over the top of your head.
- ▶ Adjust the length of the headband so that
  - your ears are completely inside the earpads,
  - you feel even, gentle pressure around your ears,
  - a snug fit of the headband ① on the head is ensured.



# Using the HDR 145

To switch the devices on and to listen to your sound source, proceed as follows (for further information, please refer to the RS 145 comfort instruction manual):

Sequence of steps	Page
1. Make sure that the rechargeable batteries are charged.	6
2. Set the volume to a low level.	8
3. Switch your headphones on.	8
4. Set the desired volume.	9

## Switching the headphones on and off

### CAUTION! Hearing damage due to high volumes!

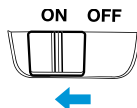


Listening at high volume levels for long periods can lead to permanent hearing defects.

- ▶ Before putting the headphones on, set the volume to a low level (see page 9).
- ▶ Do **not** continuously expose yourself to high volumes.

### Switching the headphones on

- ▶ Set the ON/OFF switch ⑤ on the headphones to the position **ON**.



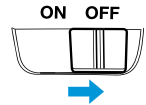
The headphones switch on and automatically start the channel search on the last selected channel. If a channel is

found, the channel search stops. You hear the signal of the found sound source.

If you do not hear the sound source after a short while, please refer to the chapter "If a problem occurs ..." on page 12.

### Switching the headphones off

- ▶ Set the ON/OFF switch ⑤ on the headphones to the position **OFF**.  
The headphones switch off.

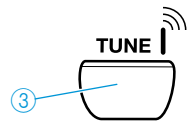


### Searching for a sound source

- ▶ Make sure that the operation indicator on the transmitter is lit.

If you do **not** hear the desired sound source, continue the search:

- ▶ Press the TUNE button ③ on the headphones until you have found your sound source.
- ▶ If you cannot find your sound source, please refer to the chapter "Changing the transmission channel" in the RS 145 comfort instruction manual.



### Adjusting the volume

- ▶ Use the volume control ② to adjust the volume to a sufficient and comfortable level.

## Adjusting the balance

The balance control allows for right/left volume adjustment. Adjust the balance so that you hear equally well with both ears.

- ▶ Turn the balance control ④ to the left **L** or right **R** in order to increase the volume for the corresponding ear. There is a click-stop in the center position.

## Switching the acoustic signals (beeps) on and off

An overview of the acoustic signals is given on page 5. The acoustic signals can be switched on and off as follows:

- ▶ Switch the headphones on (see page 8).
- ▶ Press the TUNE button ③ for 5 seconds.
- ▶ Switch the headphones off for testing (see page 8).  
If the acoustic signals are switched on, the headphones produce a sequence of three beeps at switch-off. If no beeps are produced, the acoustic signals are now switched off.



The setting for the acoustic signals is retained in memory until you change the setting again or replace the rechargeable batteries.

# Cleaning the HDR 145

**CAUTION!** Liquids can damage the electronics of the devices!



Liquids entering the housing of the devices can cause a short-circuit and damage the electronics.

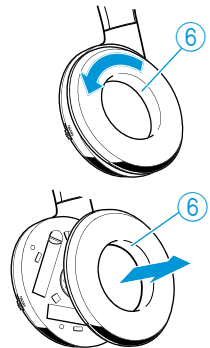
- ▶ Keep all liquids far away from the devices.
- ▶ Do not use any cleansing agents or solvents.

- 
- ▶ Before cleaning, switch the devices off and disconnect the transmitter from the mains.
  - ▶ Only use a slightly damp cloth to clean the headphones.

## Replacing the earpads

For reasons of hygiene, you should replace the earpads from time to time. Spare earpads are available from your Sennheiser dealer (see "Accessories and spare parts" on page 13).

- ▶ To loosen the quarter turn fastener which secures the earpads to the earcups, turn the earpads ⑥ in the direction of the arrow until you overcome a slight resistance.
- ▶ Lift the earpads ⑥ off the earcups.



# If a problem occurs ...

## You cannot hear anything

Possible cause	Solution	Page
Are the headphones still within the transmitter's range?	Move the headphones closer to the transmitter. If necessary, switch the headphones on again.	8
Are the rechargeable batteries charged?	Place the headphones on the charging cradle. Check the charging indicator.	6
Are the rechargeable batteries properly inserted?	Remove the rechargeable batteries and reinsert them into the headphones.	6

## You can hear the sound only with one ear

Possible cause	Solution	Page
Is the balance adjusted correctly?	Turn the balance control ④ to the left or right.	10

If a problem occurs that is not listed in the above tables or if the problem cannot be solved with the proposed solutions, please contact your Sennheiser partner for assistance.



# Accessories and spare parts

Only use original Sennheiser accessories and spare parts, otherwise the device quality can be impaired or the devices can be damaged.

**Cat. No.**    [Accessory/spare part](#)

511792    1 pair of earpads

## Specifications

### RS 145 comfort system

Modulation	FM, stereo
Frequency range	863 – 865 MHz
Frequency response	18 – 21,000 Hz
Signal-to-noise ratio	typ. 68 dBA
Ambient temperature	0 °C to +40 °C

### HDR 145 headphones

Transducer principle	dynamic, circumaural, closed
Max. SPL (at 1 kHz)	110 dB
THD (at 1 kHz)	< 0.5%
Power supply	2 AAA size NiMH rechargeable batteries (LR 03)
Charging time	approx. 16 hrs (full charge)
Operating time	up to 23 hrs (with fully charged rechargeable batteries)
Weight	approx. 280 g incl. rechargeable batteries

# Manufacturer Declarations

## Warranty

Sennheiser electronic GmbH & Co. KG gives a warranty of 24 months on this product. For the current warranty conditions, please visit our web site at [www.sennheiser.com](http://www.sennheiser.com) or contact your Sennheiser partner.

## CE Declaration of Conformity



This equipment is in compliance with the essential requirements and other relevant provisions of Directives 2006/95/EG and 1999/05/EG.

The declaration is available on the internet site at [www.sennheiser.com](http://www.sennheiser.com). Before putting the equipment into operation, please observe the respective country-specific regulations!

## Rechargeable batteries



The supplied rechargeable batteries can be recycled.

Please dispose of them as special waste or return them to your specialist dealer. In order to protect the environment, only dispose of exhausted batteries.

## WEEE Declaration



Your Sennheiser product was developed and manufactured with high-quality materials and components which can be recycled and/or reused. This symbol indicates that electrical and electronic equipment must be disposed of separately from normal waste at the end of its operational lifetime.

Please dispose of this product by bringing it to your local collection point or recycling centre for such equipment. This will help to protect the environment in which we all live.





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