

iPOD/MP3 PLAYER SAFETY TIPS
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In today's world iPods, and other brands of MP3 players, are commonplace. You see people using them at the grocery store, the mall, the gym, while walking down the street and even while studying in the library. I'm sure that several of you received an iPOD/MP3 player for Christmas. Most people probably have not taken the time to read the safety instructions that came with their iPod/MP3 players. If you know someone who uses an iPod/MP3 player, please share the following safety guidelines with them.

#1- The most obvious risk associated with iPod/MP3 player use is hearing damage. If you experience ringing in your ears or muffled speech, stop listening and have your hearing checked. The louder the volume, the less time is required before your hearing could be affected. Limit the amount of time you use earbuds or headphones at high volume, avoid turning up the volume to block out noisy surroundings and turn the volume down if you can't hear people speaking to you in a normal voice. Approx. 5.2 million 6–19 year olds have hearing loss directly related to noise exposure. Parents can go online and download free volume limit controls from several MP3 manufacturers, including iPod.

#2- Do not use your headphones while operating a vehicle, or during any activity that requires your complete attention.

#3- Use caution when running and biking outdoors, as loud music can drown out an approaching car, an angry dog or a warning beep from a horn. Make sure your music is at a volume, that you can still hear your surroundings.

#4- Do not wear headphones in isolated areas, such as parking garages or alleyways. This can make you an easy mark for a criminal.

#5- Use caution when using a headphone with a lanyard. Certain activities may pose a risk of injury, if the lanyard were to become caught or trapped.

#6- If you have experience seizures or blackouts, please consult a medical professional before playing video games on your iPod/MP3 player. Discontinue use and consult a medical professional if you experience convulsions, eye or muscle twitching, loss of awareness, involuntary movements or disorientation when playing a video game on your iPod/MP3 player.

#7- When watching videos or playing a game on your iPod/MP3 player, avoid prolonged use and take breaks to prevent eye strain.

#8- Read all the directions and safety instructions that came with your iPod/MP3 player and follow them.

#9- Speak to your children about iPod/MP3 player safety.

Information from this article was obtained in part from Apple iPod at www.apple.com/manuals/ipod and Top Ten Reviews at www.mini-mp3-player-review.toptenreviews.com.