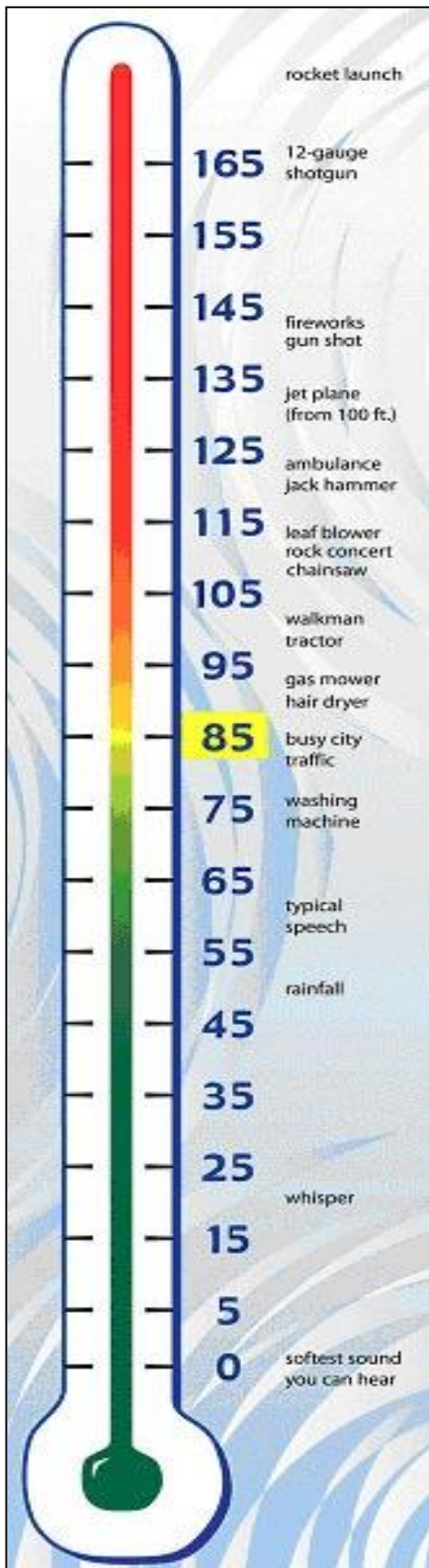


HOW LOUD IS TOO LOUD?



Continuous dB	Permissible Exposure Time
85 dB	8 hours
88 dB	4 hours
91 dB	2 hours
94 dB	1 hour
97 dB	30 minutes
100 dB	15 minutes
103 dB	7.5 minutes
106 dB	3.75 min (< 4min)
109 dB	1.875 min (< 2min)
112 dB	.9375 min (~1 min)
115 dB	.46875 min (~30 sec)

* It is recommended using MP3 devices, including iPods, for no more than about **an hour a day** and at **levels below 60 percent of maximum volume.**