Safety Precautions when Using Earphones by Steven

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Using earphones is a fantastic way to get a much better experience when you're enjoying music and this way you can enjoy surround sound that sounds so crisp and vibrant that it's almost as though it's inside your own head (in a way it is...).

However while using earphones is a great way to get some more enjoyment out of your device, it can also lead to some problems if you aren't careful. Here we will look at how to use your headphones more carefully to avoid problems.

Ear Issues

First of all, because earphones are situated right inside your ears, it's fairly easy for them to cause damage to your hearing if you have them up to loud. In fact you can cause permanent damage to your ear drums, so it's important to be careful.

To avoid this problem it's a good idea to use the right kind of gadget. If you have a phone then it will often come up with a warning when you turn your music up too loud, and you should make sure to heed this warning and take it seriously. If you don't get such a precaution then you should consider installing an app which will do the same thing for you.

The next thing you need to do is to ensure you take occasional breaks from your music, and this will help to avoid your ears adapting to the sound too much so that it sounds quieter than it is. Take a break, and this way you can then readjust your sound appropriately when you come back to it. You should also make sure that you invest in the best music player possible, get good quality sound files to play and spend a little more on some serious headphones.

Environment

You also need to realize that having headphones in can make you less aware of your surroundings and this makes you more likely to have accidents. You need to avoid this possibility by keeping your headphones out if you are going to be crossing the road etc. - especially if they are noise cancelling headphones. On a train it's fine, but when you're walking to the station you need to be more careful - and you shouldn't listen while driving.

Next you should make sure to have your headphones at a volume where you can still hear the world around you. If you are still unsure you should have one ear phone in and another ear free to hear what's going on around you.

Tangling

Finally you need to be careful of your earphones catching onto things and getting tangled. This can be a problem if they get wrapped around your neck for instance or if they cause you to drop your device out of your pocket which is why it's important to keep the wire somewhere hidden away. The best way to do this of course is to have it running underneath your jumper, which also ensures you don't advertise the fact you are carrying a potentially valuable gadget with you.

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