



Play It Safe!



To protect your ears, remember these safety tips:

- If you listen to music too loud, you could damage your ears. Take care of your hearing by keeping music volume down.
- Wear earplugs if you are going to be somewhere loud, like a concert.
- If you cannot hear someone who is within several feet of you or if you have to shout to be heard, chances are the volume is too loud.
- If your ears are ringing, tell an adult right away.
- Never put anything in your ears.



DANGER RANGERS®



You can do permanent damage to your ears
if you listen to loud music too long.

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