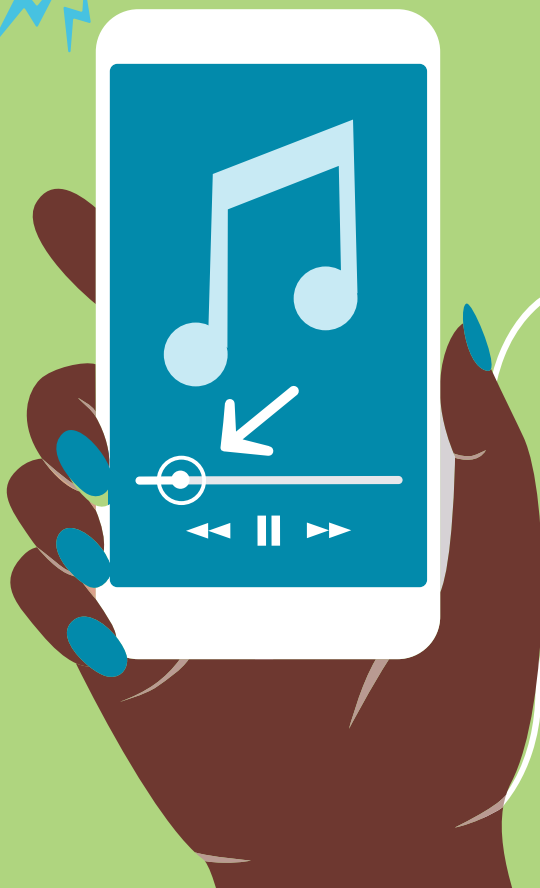# Listen Better: How to Protect Your Ears When Listening Through Headphones

No matter what kind of headphones you use, keeping the volume at a safe level is most important for hearing protection.