



Life Well Loved

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WARNING

NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications.

However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio / TV technician for help

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

This device complies with Part15 of the FCC Rules. Operation is subject to the following two conditions:

- (1) This device may not cause harmful interference, and
- (2) This device must accept any interference received, including interference that may cause undesired operation.

The device has been evaluated to meet general RF exposure requirement.
The device can be used in portable exposure condition without restriction.



Hearing Protection Headphones With Bluetooth Technology

USER MANUAL



THANK YOU FOR CHOOSING ADAMO!

Thank you for purchasing the ADAMO Hearing Protection Headphones with Bluetooth capability.

These headphones are designed to reduce exposure to harmful levels of noise.

To get the best comfort, fit and function from this product, please read the User Manual carefully. Save this Manual for future reference.



PRODUCT CARE

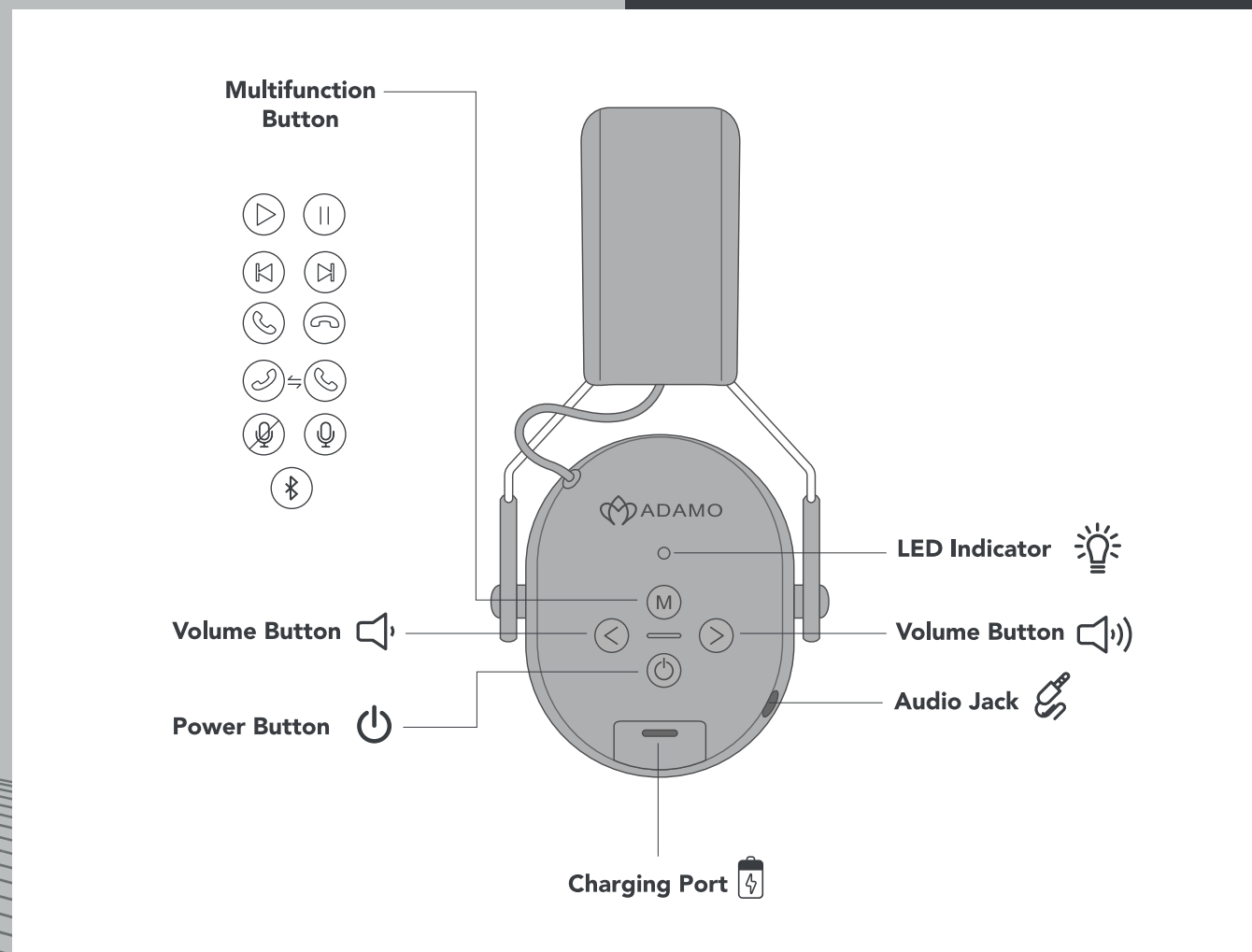
- Do not drop the device on the floor as it can cause damages.
- Clean with a sponge using warm soapy water on the cushions only.
- Do not use solvents.
- Ensure that the earmuffs are completely dry before use.
- Earmuffs must be regularly inspected for cracks or worn parts and replaced as needed.
- Do not bend or reshape the headband as this will impact the fit and affect noise reduction performance.

WARNING

- This hearing protection device helps reduce exposure to low-level hazardous noise and loud sounds. Misuse or failure to wear hearing protection at all times during exposure to this noise may result in hearing loss.
- If you have any pre-existing hearing condition, please consult with your physician before using any form of ear protection.
- For proper use, please follow the instructions in this manual.
- Hearing protectors block external sounds such as warning calls, alarms, and other important signals. Pay special attention to what is happening around you when wearing hearing protectors.
- Setting the volume too high can further reduce your ability to hear external sounds, which could expose you to considerable risk and lead to serious accidents. Adapt the volume to your working situation.

TECHNICAL SPECIFICATIONS

Model	EM037
Battery Cell Type	Lithium Ion
Noise-Reduction	NRR 25dB, SNR 30dB
Color	Black



HOW TO USE

1 Power On/Off

To power on:

- Press and hold the power button (⏻) for 2 seconds.
- After 2 seconds, it will automatically enter Bluetooth pairing mode.

To power off:

- Press and hold the power button (⏻) for 3 seconds.

2 Bluetooth Pairing

To connect the headphones to your Bluetooth device:

- Ensure Bluetooth is turned on.
- Activate pairing mode on the headphones.
 - Press the multifunction button (Ⓜ) for 10 seconds.
 - The LED will blink blue at this time.
- In your device's Bluetooth settings, select "EM037" to pair.
- Once connected successfully, you will hear "Bluetooth Connected".

NOTE

The next time you switch the headset on, it will automatically connect to the last connected device, and voice assist will announce "Bluetooth Connected".

For some devices, you may need to manually connect again.

3 Listen to Music

- Start the music app on your device.
- To play and pause music, single press the multifunction button (Ⓜ).
- To go to the next track, double-press the multifunction button (Ⓜ).
- To go to the previous track, triple press the multifunction button (Ⓜ).

PRODUCT FEATURES



Bluetooth 5.0 Technology



Integrated Microphone for Hands-Free Calling



Wireless Music with Stereo Sound and Deep Bass



Built-In Rechargeable Battery



USB Charging Cable



Noise Reduction: NRR 25dB, SNR 30dB



3.5 mm Audio Port for Infinite Playtime



Padded Headband

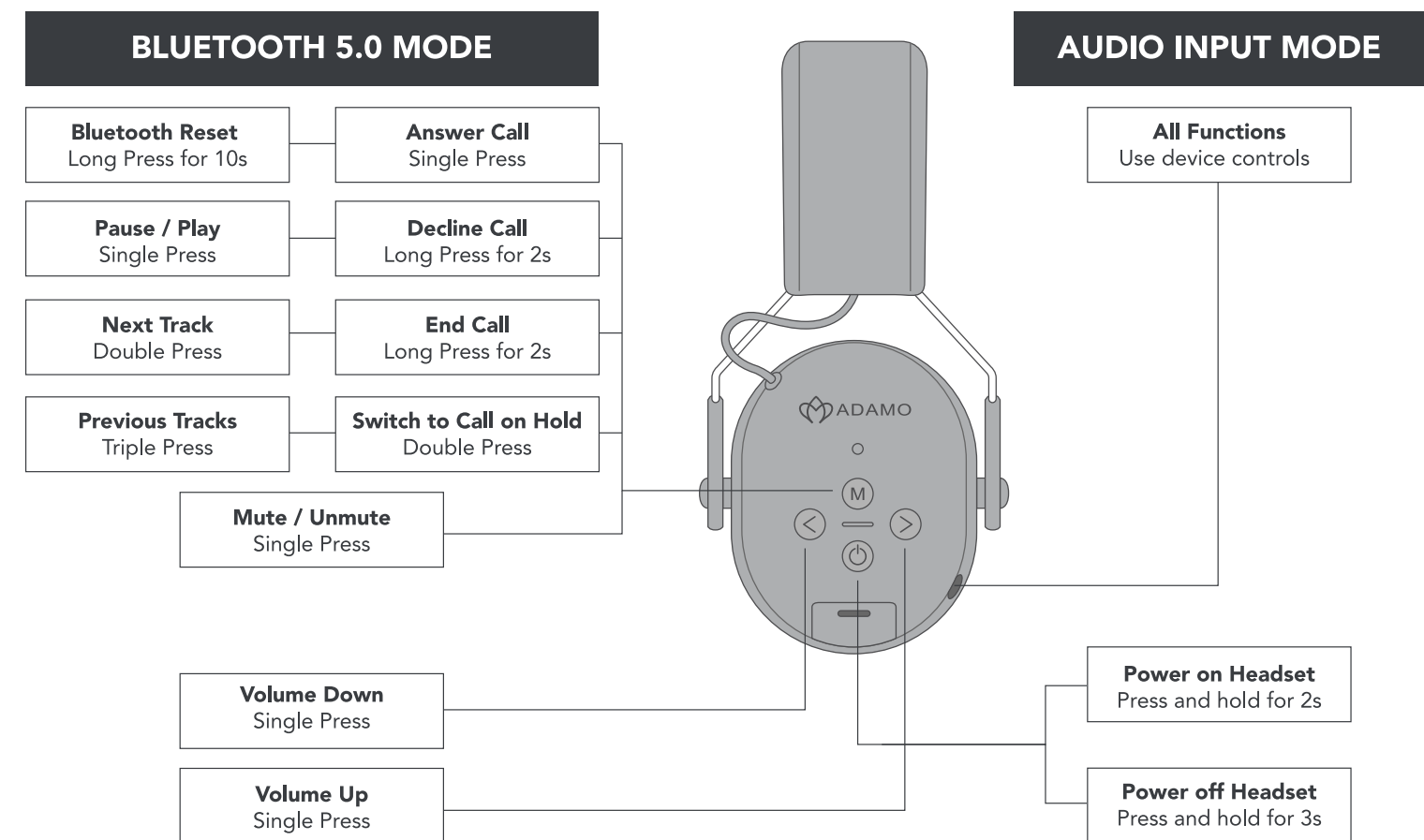


Breathable and Comfortable Ear Cushions



Protective Case for Easy Storage

QUICKSTART GUIDE



CHARGING THE HEADSET

This device has a built-in rechargeable battery. Before use, charge the headset using the included USB charging cable.

To charge:

- Connect the USB charging cable to the adapter.
- Plug the charging cable into the power outlet.

While charging, the LED will be red; When charging is complete, the LED will change to blue.

Low Battery Warning

When the battery reaches 20%, an audible voice prompt will announce "Low Battery". The "Low Battery" prompt will repeat every 10 minutes. Please charge the headset at this time. If the headset is not charged, it will automatically turn off.

Fitting the Headset

- 1 Fully extend the headband and place it on the head with the band at the crown (top) of the head.
- 2 Pull the cups apart and place the earmuffs over your ears so that the cushions fit snugly to form a seal.
It is important that the cups fully enclose the ears and that the cushions exert equal pressure around the ears.
- 3 Adjust the height of both cups for comfort while holding the hand band in place.

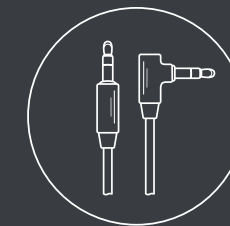
NOTE

For a proper fit, ear cushions should seal firmly against the head. Anything that interferes with the seal such as long hair or thick eyeglasses, will reduce its effectiveness.

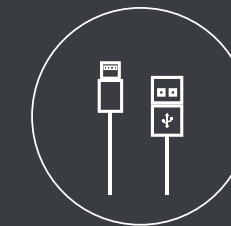
WHAT'S INCLUDED



Bluetooth Protection Headphones



3.5mm Audio Cable



USB Charging Cable



Protective Case



User Manual



4 Take Calls

Incoming calls In Bluetooth mode will cause the music to be muted. There's a ringtone in the headset when a call comes on.

If the phone is in silent mode during a call, so is the headset.

- To answer a call, single press the multifunction button (M).
- To mute a call, single press the multifunction button (M). Repeat to cancel the mute function.
- During phone calls, if another new call is received:
 - Double press the multifunction button (M) to switch from the first call to the second call
 - Long-press the multifunction button (M) for 2 seconds to end the second call and switch to the first call.
- To end a call, long-press the multifunction button (M) for 2 seconds.
- To reject an incoming call, long-press the multifunction button (M) for 2 seconds.

5 Adjust Volume

- To increase volume, single press 
- To decrease volume, single press 

6 Audio Input Mode

Connect Device: Use included 3.5mm stereo audio cable to connect the 3.5mm audio port of the headset and insert it into your device to get infinite playtime.

Control Device: Use the native controls on the device to control input volume, pause/play, select tracks, and take calls.



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