# dB Check Pro™ In-Ear Sound Level Analyzer - Quick Start Guide

dB Check Pro estimates the actual sound levels (dBA-SPL) reaching your ears while using IEMs or headphones, both time-averaged and real-time. Based on these estimates, it displays Allowable Time (daily safe exposure) under NIOSH and OSHA guidelines, and can also analyze ambient room sound levels. Getting started is easy.

**IMPORTANT:** dB Check Pro uses a pressure-sensitive screen (NOT a typical touchscreen); you must physically press the screen surface. Note: There may be a slight delay for screen refresh.

**Battery Charge** – With power off, use supplied charging cable to connect USB Type C port (left side) to any standard USB wall charger or computer port. Two LEDs will light. When the red one turns off, charging is complete. Unplug the USB cable before use.

**Initial Setup** – Power up (switch on left panel). From Home screen, press Tool icon (upper right) to reach Setup screen.

· **Select Model** – Select Brand, then Model.
· **Set Timer** – Select Averaging Time (1, 15, or 60 minutes) or Continuous (untimed).
· **Select View** – Select Home Page View as IEM, ROOM MIC, or IEM & ROOM MIC

After completing setup, press **HOME**.

NOTE: dB Check Pro does not affect sound. You can hear your monitor mix normally even with the device turned off.

**Operation** – Plug your audio source into either of the In/Out mini-jacks (top panel), using the supplied TRS audio jumper cable. Plug your IEMs into the other jack and you're ready to go!

On the Home screen, use the Start/Pause and Stop/Clear icons to operate:

· **Start/Pause** (left icon) Starts, pauses, or resumes SPL averaging.
· **Stop/Clear** (right icon) Stops SPL averaging. Press once to hold readings (turns orange). Press again to clear current averaging.

**Allowable Time** – Daily exposure time limits for your average SPL levels, helpful for setting your personal level. Sensaphonics strongly recommends using NIOSH as your guide.

dB Check Pro uses population-average ear canal resonance and published manufacturer specifications. Thus, all results are estimates. Full details in User Guide (PDF). Download at:

www.sensaphonics.com/products/db-check-pro

## SAFE EXPOSURE TIME

| Level, dBA | 85 | 88 | 90 | 91 | 94 | 95 | 97 | 100 | 105 | 110 | 115 |
|------------|------|------|------|------|------|------|------|------|------|------|------|
| NIOSH | 8 hr | 4 hr | | 2 hr | 1 hr | | 0:30 | 0:15 | | | |
| OSHA | 16 hr | | 8 hr | | | 4 hr | 3 hr | 2 hr | 1 hr | 0:30 | 0:15 |