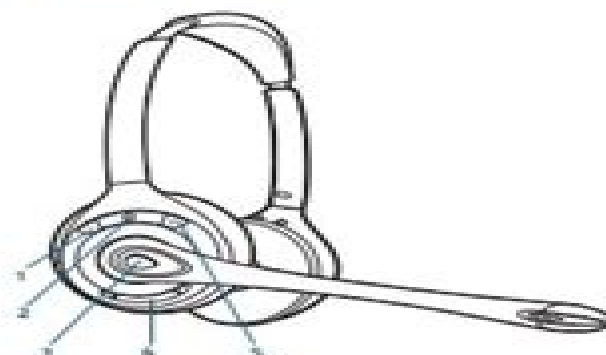


Your Headset

Now that you've adjusted your headset and connected your desk phone, read this section to learn about the headset features, how to use the controls and more.

Headset Controls



1 Volume [-] button	Press to lower volume
2 Headset LED	Flashes green when in use
3 Call button Place, answer, end a call	Briefly press the call button
4 Mute button	Press to mute/unmute
5 Volume [+] button	Press to increase volume



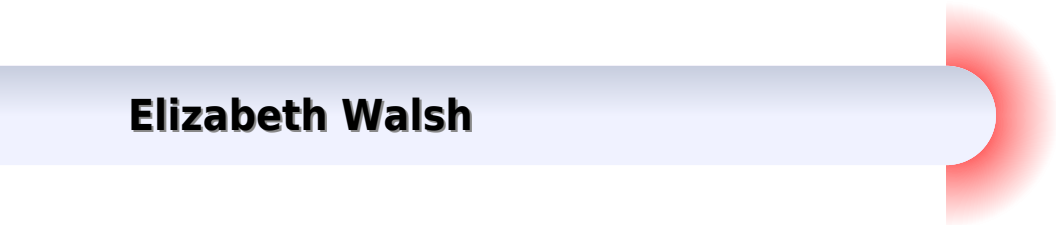
IMPORTANT For your safety, do not use headset at high volumes for extended periods of time. Doing so can cause hearing loss. Always listen at moderate levels. For more information on headsets and hearing visit plantronics.com/healthandsafety.

Talk Time

With a single full charge, the CS510/CS520 will provide up to 8 hours of talk time. Talk time will be reduced when operating in wideband mode or if the headset is used consistently at a far distance from the base.

Plantronics 520 User Manual

Elizabeth Walsh



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The Repetitive Strain Injury Handbook Robert M. Simon, Ruth Aleskovsky, 2000-02-10 A proven recovery plan for the over 8 million sufferers of repetitive strain injury and a guide for the prevention of future injuries Repetitive strain injury RSI is a painful potentially disabling condition that most commonly stems from damage to the upper torso Long term misuse or overuse of everyday tools like computers and cash registers results in the painful hands arms and neck that are symptomatic of RSI a condition whose incidence has increased 80 percent in this country since 1990 The Repetitive Strain Injury Handbook is a unique user friendly guide that is broken into two parts 1 the 8 step recovery plan and 2 an RSI prevention guide The 8 step plan moves RSI sufferers beyond the common denial of this ailment and into a diagnosis and treatment plan with a doctor It provides o Nutrition advice o An exercise program o Breathing tips o Traditional and alternative pain management suggestions o A holistic maintenance plan for long term health The second section is filled with suggestions stories and tips for RSI sufferers that will help them live pain free at home at work and in their social and intimate lives There is also a special section of information on women and RSI since pregnancy PMS osteoporosis mastectomy and menopause can all aggravate this condition

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