

JBL T280

JBL T280 TWS True Wireless Bluetooth 5.0 Headphones User Manual

Model: T280 | Brand: JBL

1. INTRODUCTION

Thank you for choosing the JBL T280 TWS True Wireless Bluetooth 5.0 Headphones. These in-ear earbuds are designed to provide a high-quality audio experience with the freedom of true wireless connectivity. Featuring IPX5 waterproofing, they are suitable for sports and outdoor activities. This manual provides essential information on how to set up, operate, and maintain your headphones.



Image: The JBL T280 TWS True Wireless Bluetooth 5.0 Headphones in blue, alongside their matching charging case.

2. PACKAGE CONTENTS

Please check that all items are present in your package:

- JBL T280 TWS True Wireless Earbuds (Left and Right)
- Charging Case
- USB Charging Cable
- Multiple Sizes of Ear Tips (S, M, L)
- User Manual (this document)

3. PRODUCT OVERVIEW

Earbud Components

- **Touch Control Area:** For managing music playback, calls, and voice assistant.
- **LED Indicator:** Shows pairing status, battery level, and charging status.
- **Microphone:** For hands-free calls.
- **Ear Tip:** Replaceable for optimal fit and sound isolation.
- **Charging Contacts:** For charging inside the case.

Touch design, convenient control

The intuitive touch interface allows you to control your music, phone calls, tap the headset to change songs, pause, and answer calls without having to take your phone out of your pocket.



Image: An illustration highlighting the touch control area on the JBL T280 TWS earbud, indicating intuitive control for music and calls.

Charging Case Components

- **Earbud Charging Slots:** Securely holds and charges the earbuds.
- **Battery Indicator LEDs:** Shows the charging case's battery level.
- **USB Charging Port:** For charging the case.

4. GETTING STARTED

4.1 Charging the Earbuds and Case

Before first use, fully charge the earbuds and the charging case. Place the earbuds into the charging case. Connect the USB charging cable to the charging port on the case and to a power source. The LED indicators on the case will show the charging status. A full charge provides up to 16 hours of mixed battery life, with 4 hours from the earbuds and an additional 12 hours from the charging case.

Long-lasting battery life

Up to 16 hours of mixed battery life, up to 4 hours of battery life in the headset for up to 12 hours of music playback



Image: The JBL T280 TWS charging case open, showing earbuds inside and a graphic indicating up to 16 hours of total battery life.

4.2 Wearing the Earbuds

Select the ear tips that provide the most comfortable and secure fit for optimal sound quality and stability, especially during physical activity. Insert the earbuds into your ears and gently twist them to ensure a snug fit.

Light and stable, comfortable to wear

Fitted with multi-size winged silicone earplugs, it is light and stable, suitable for Chinese ear canal ear canal.
The single earphone only weighs 5.2g, so you can listen to the sound beautifully.

5.2g



Image: A close-up of a JBL T280 TWS earbud comfortably fitted in an ear, emphasizing its light 5.2g weight and stable design.

4.3 Bluetooth Pairing

1. Ensure the earbuds are charged.
2. Open the charging case. The earbuds will automatically enter pairing mode, and their LED indicators will flash.
3. On your Bluetooth-enabled device (smartphone, tablet, etc.), go to the Bluetooth settings.
4. Search for available devices and select "JBL T280 TWS" from the list.
5. Once connected, the earbud LEDs will stop flashing and remain solid blue or turn off, depending on the model.
6. If prompted, confirm the pairing.

The earbuds utilize Bluetooth 5.0 technology for a strong and stable connection.

Strong signal, stable as Taishan

We know your concern, uses BT 5.0 new smart chip to provide you with powerful and stable signal reception. Let you eat chicken easily and stabilize the king



Image: A detailed view of a JBL T280 TWS earbud, illustrating the internal Bluetooth 5.0 chip for strong and stable signal reception.

5. OPERATING INSTRUCTIONS

5.1 Power On/Off

- **Power On:** Open the charging case, or press and hold the touch control area on both earbuds for approximately 2-3 seconds.
- **Power Off:** Place the earbuds back into the charging case and close the lid, or press and hold the touch control area on both earbuds for approximately 5 seconds.

5.2 Music Playback

- **Play/Pause:** Tap the touch control area on either earbud once.
- **Next Track:** Double-tap the touch control area on the right earbud.
- **Previous Track:** Double-tap the touch control area on the left earbud.

5.3 Call Management

- **Answer/End Call:** Tap the touch control area on either earbud once.
- **Reject Call:** Press and hold the touch control area on either earbud for 2 seconds.

5.4 Voice Assistant

- **Activate Voice Assistant:** Triple-tap the touch control area on either earbud.

6. MAINTENANCE

6.1 Cleaning

Regularly clean your earbuds and charging case to ensure optimal performance and hygiene.

- Use a soft, dry, lint-free cloth to wipe the earbuds and charging case.
- For ear tips, remove them from the earbuds and clean with a mild soap solution if necessary, then rinse thoroughly and dry completely before reattaching.
- Gently clean the charging contacts on both the earbuds and the case with a dry cotton swab to remove any dust or debris.

6.2 Storage

When not in use, store the earbuds in their charging case to protect them from dust, damage, and to keep them charged.

6.3 Water Resistance (IPX5)

The JBL T280 TWS earbuds are IPX5 water-resistant, meaning they can withstand a sustained, low-pressure water jet spray. This makes them suitable for workouts and light rain. However, they are not designed for submersion in water. Do not expose them to swimming, showering, or heavy rain.

IPX5 anti-sweat and rain

The supports IPX5 waterproofing to meet multiple sports scenes in life, whether it is running, fitness, or rainy.



Image: Two JBL T280 TWS earbuds with water droplets on their surface, demonstrating their IPX5 anti-sweat and rain resistance.

7. TROUBLESHOOTING

If you encounter issues with your JBL T280 TWS headphones, refer to the following common solutions:

Problem	Possible Solution
Earbuds not pairing with device	<ul style="list-style-type: none">• Ensure earbuds are charged and out of the case.• Turn off and on Bluetooth on your device.• Forget/remove "JBL T280 TWS" from your device's Bluetooth list and try pairing again.• Ensure no other devices are connected to the earbuds.

Problem	Possible Solution
Only one earbud playing sound	<ul style="list-style-type: none"> • Place both earbuds back into the charging case, close the lid, wait a few seconds, then take them out again. • Ensure both earbuds are charged. • Try resetting the earbuds (refer to product specific reset instructions if available, or try forgetting and re-pairing).
Earbuds not charging	<ul style="list-style-type: none"> • Ensure the charging case has power. • Check that the charging contacts on both earbuds and case are clean and free of debris. • Ensure earbuds are correctly seated in the charging slots. • Try a different USB cable and power adapter.
Low volume or poor sound quality	<ul style="list-style-type: none"> • Adjust the volume on both your device and the earbuds. • Ensure ear tips are clean and provide a good seal in your ear canal. • Move closer to your connected device to avoid interference.

8. TECHNICAL SPECIFICATIONS

- **Model Name:** T280
- **Brand:** JBL
- **Connectivity:** Bluetooth 5.0
- **Form Factor:** In Ear
- **Ear Placement:** In Ear
- **Color:** Blue (other colors may be available)
- **Water Resistance:** IPX5 (Sweat and splash proof)
- **Driver Unit:** 6mm (for pure low frequency sound)
- **Earbud Weight:** Approximately 5.2g per earbud
- **Battery Life:** Up to 4 hours (earbuds), up to 12 hours (with charging case), total 16 hours mixed use.
- **Package Dimensions:** 17.4 x 9.6 x 4.9 cm
- **Package Weight:** 240 g
- **Manufacturer:** JBL
- **ASIN:** B07WMQSN8X

Equipped with 6mm drive unit

Pure low frequency, full of music

JBL's pure ultra-low frequency extension and UHF resolution,
Harbin Acoustics senior director Li Shengbo professional tuning calibration, to provide you with JBL high quality sound



Image: An exploded view of a JBL T280 TWS earbud, highlighting the 6mm drive unit responsible for pure low-frequency sound.

9. SAFETY INFORMATION

Please read and follow these safety guidelines to prevent damage to your device or injury to yourself:

- Do not disassemble or modify the earbuds or charging case.
- Keep the device away from extreme temperatures, direct sunlight, and open flames.
- Avoid exposing the device to excessive moisture or corrosive liquids.
- Do not use the earbuds at high volume for extended periods to prevent hearing damage.
- Keep out of reach of children and pets.
- Dispose of the device and its battery responsibly according to local regulations.

10. CUSTOMER SUPPORT

For further assistance, warranty information, or to report issues not covered in this manual, please contact JBL customer support or visit the official JBL website. You can find contact details on the JBL website or your product packaging.

JBL Store Link: [Visit the JBL Store on Amazon](#)

