
Safety, handling, and regulatory information

Important safety information for your Mac

WARNING: Failure to follow these safety instructions could result in fire, electric shock, or other injuries, or damage to your MacBook Pro or other property. Read all safety information below before using your MacBook Pro.

Built-in battery. Don't attempt to replace or remove the battery yourself—you may damage the battery, which could cause overheating and injury. The built-in battery should be replaced by Apple or an authorized service provider, and must be recycled or disposed of separately from household waste. Dispose of batteries according to your local environmental laws and guidelines. Don't expose your MacBook Pro to extreme heat sources, such as radiators or fireplaces, where temperatures might exceed 212°F (100°C).

For information about battery service and recycling, go to [Battery Service and Recycling](#).

Handling. Handle your MacBook Pro with care. It is made of metal, glass, and plastic and has sensitive electronic components inside. Place your MacBook Pro on a stable work surface that allows for adequate air circulation under and around the computer. Your MacBook Pro can be damaged if dropped, burned, punctured, or crushed, or if it comes in contact with liquids, oils, and lotions. Don't use a damaged MacBook Pro, such as one with a cracked screen, as it may cause injury.

Liquid exposure. Keep your MacBook Pro away from sources of liquid, such as drinks, oils, lotions, sinks, bathtubs, shower stalls, and so on. Protect your MacBook Pro from dampness, humidity, or wet weather, such as rain, snow, and fog.

Charging. Charge your MacBook Pro only with the included 61W Power Adapter or 96W Power Adapter and USB-C Charge Cable, or with a third-party power adapter and cable that are compatible with USB-C and compliant with applicable international and regional regulations and safety standards, including IEC 60950-1. Other power adapters might not meet applicable safety standards, and charging with such power adapters could pose a risk of death or injury.

Using damaged power adapters or cables, or charging when moisture is present, can cause fire, electric shock, injury, or damage to your MacBook Pro or other property. When you use the included 61W Power Adapter or 96W Power Adapter and USB-C Charge Cable to charge your MacBook Pro, make sure the USB-C Charge Cable is fully inserted into the power adapter before you plug the power adapter into a power outlet.

Prolonged heat exposure. Your MacBook Pro and its 61W Power Adapter or 96W Power Adapter may become very warm during normal use. The MacBook Pro and its 61W Power Adapter or 96W Power Adapter comply with applicable surface temperature standards and limits defined by the International Standard for Safety of Information Technology Equipment (IEC 60950-1). However, even within these limits, sustained contact with warm surfaces for long periods of time may cause discomfort or injury.

To reduce the possibility of overheating or heat-related injuries, always allow adequate ventilation around the MacBook Pro or 61W Power Adapter or 96W Power Adapter and use care when handling them. Use common sense to avoid situations where your skin is in prolonged contact with a device or its power adapter when it's operating or plugged into a power source. For example, don't sleep with a device or power adapter when it's plugged into a power source. Do not place the device or power adapter under a blanket, pillow, or your body when the device or adapter is connected to a power source. Never push anything into the ventilation openings, as doing so may be dangerous and cause your computer to overheat. Never place anything over the keyboard when operating your MacBook Pro. If your MacBook Pro is on your lap and gets uncomfortably warm, remove it from your lap and place it on a stable, well-ventilated work surface. Take special care if you have a physical condition that affects your ability to detect heat against the body.

61W Power Adapter or 96W Power Adapter. To operate the 61W Power Adapter or 96W Power Adapter safely and reduce the possibility of heat-related injury or damage, do one of the following:

- Plug the 61W Power Adapter or 96W Power Adapter directly into a power outlet.
- If you're using the Power Adapter Extension Cable, place the power adapter on a desk, table, or on the floor in a well-ventilated location.

Don't use your MacBook Pro or its power adapter in wet locations, such as near a sink, bathtub, or shower stall, and don't connect or disconnect the power adapter with wet hands. Unplug the power adapter and disconnect any cables if any of the following conditions exists:

- The USB-C cable or power cord has become frayed or damaged.
- The plug part of the 61W Power Adapter or 96W Power Adapter, the prongs, or the adapter case have become damaged.
- Your MacBook Pro or 61W Power Adapter or 96W Power Adapter has been dropped.
- Your MacBook Pro or 61W Power Adapter or 96W Power Adapter is exposed to rain, liquid, or excessive moisture.
- You suspect the MacBook Pro or 61W Power Adapter or 96W Power Adapter needs service or repair.

- You want to clean the MacBook Pro or 61W Power Adapter or 96W Power Adapter (use only the recommended procedure, described in [Important handling information for your Mac](#)).

If debris gets onto the power port, remove it gently with a dry cotton swab.

61W USB-C Power Adapter specifications:

- *Frequency:* 50 to 60 Hz, single phase
- *Line Voltage:* 100 to 240 V
- *(USB-PD) Output Voltage:* 20.3VDC/3A or 15VDC/3A or 9VDC/3A or 5.2VDC/3A

96W USB-C Power Adapter specifications:

- *Frequency:* 50 to 60 Hz, single phase
- *Line Voltage:* 100 to 240 V
- *(USB-PD) Output Voltage:* 20.5VDC/4.7A or 15VDC/3A or 9VDC/3A or 5.2VDC/3A

Take special care if you have a physical condition that affects your ability to detect heat against the body.

Hearing loss. Listening to sound at high volumes may damage your hearing. Background noise, as well as continued exposure to high volume levels, can make sounds seem quieter than they actually are. Use only compatible earbuds, headphones, or earpieces with your MacBook Pro. Turn on the audio and check the volume before inserting anything into your ear. See [Sound and Hearing](#).

WARNING: To prevent possible hearing damage, do not listen at high volume levels for long periods.

Repairing. Your MacBook Pro doesn't have any user-serviceable parts. Do not open or disassemble MacBook Pro or attempt to repair it or replace any components. Disassembling your MacBook Pro may damage it or may cause injury to you. If your MacBook Pro needs service, is damaged, malfunctions, or comes in contact with liquid, contact Apple or an Apple-authorized repair center, such as an Apple Authorized Service Provider. If you attempt to open your MacBook Pro, you risk damaging your computer, and such damage isn't covered by the limited warranty on your MacBook Pro.

Navigation. Maps, directions, and location-based apps depend on data services. These data services are subject to change and may not be available in all areas, resulting in maps, directions, or location-based information that may be unavailable, inaccurate, or incomplete. Compare the provided location-based information to your surroundings and defer to posted signs to resolve any discrepancies. Do not use these services while

performing activities that require your full attention. Always comply with posted signs and the applicable laws and regulations in the areas where you are using navigation, and always use common sense.

Radio frequency exposure. MacBook Pro uses radio signals to connect to wireless networks. For information about radio frequency (RF) energy resulting from radio signals and steps you can take to minimize exposure, go to [RF Exposure](#).

Medical device interference. MacBook Pro contains components and radios that emit electromagnetic fields, including magnets, which may interfere with pacemakers, defibrillators, and other medical devices. Maintain a safe distance between your medical device and MacBook Pro. Consult your physician and medical device manufacturer for information specific to your medical device. If you suspect MacBook Pro is interfering with your pacemaker or any other medical device, stop using MacBook Pro.

Medical conditions. If you have a medical condition that you believe could be affected by using MacBook Pro (for example, seizures, blackouts, eyestrain, or headaches), consult with your physician prior to using MacBook Pro.

Repetitive motion. When you perform repetitive activities such as typing or playing games on MacBook Pro, you may experience discomfort in your hands, arms, wrists, shoulders, neck, or other parts of your body. If you experience discomfort, stop using MacBook Pro and consult a physician.

Choking hazard. Some MacBook Pro accessories may present a choking hazard to small children. Keep these accessories away from small children.

High-consequence activities. Your MacBook Pro is not intended for use where the failure of the computer could lead to death, personal injury, or severe environmental damage.

Explosive and other atmospheric conditions. Using MacBook Pro in any area with a potentially explosive atmosphere may be hazardous—particularly in areas where the air contains high levels of flammable chemicals, vapors, or particles such as grain, dust, or metal powders. Exposing MacBook Pro to environments having high concentrations of industrial chemicals, including evaporating liquified gases such as helium, may damage or impair MacBook Pro functionality. Obey all signs and instructions.

Important handling information for your Mac

Operating environment. Operating your MacBook Pro outside these ranges may affect performance:

- *Operating temperature:* 50° to 95° F (10° to 35° C)
- *Storage temperature:* -13° to 113° F (-25° to 45° C)
- *Relative humidity:* 0% to 90% (noncondensing)
- *Operating altitude:* Tested up to 10,000 feet (0 to 3048 meters)

Carrying your MacBook Pro. If you carry your MacBook Pro in a bag or briefcase, make sure there are no loose items (such as paper clips or coins) that could accidentally get inside the computer through vent openings or get stuck inside a port.

Using connectors and ports. Never force a connector into the USB-C ports. When connecting a device, make sure the port is free of debris, that the connector matches the port, and that you have positioned the connector correctly in relation to the port.

Using the USB-C Charge Cable (2 m). Certain usage patterns can contribute to the fraying or breaking of cables. The USB-C Charge Cable, pictured in [What's included](#), like any other metal wire or cable, is subject to becoming weak or brittle if repeatedly bent in the same spot. Aim for gentle curves instead of angles in the cable. Regularly inspect the cable and connectors for any kinks, breaks, bends, or other damage. Should you find any such damage, discontinue use of the USB-C Charge Cable.

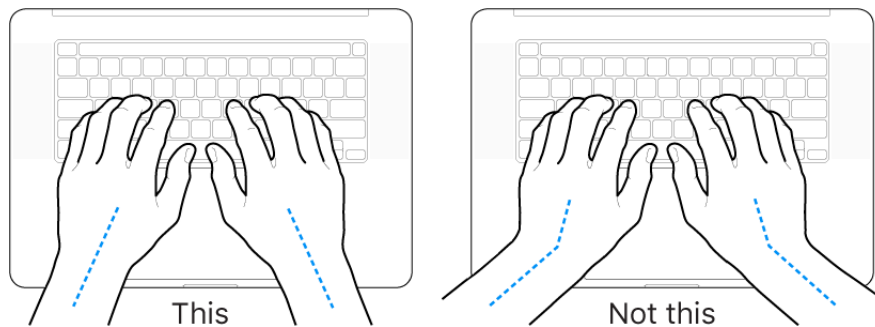
Storing your MacBook Pro. If you're going to store your MacBook Pro for an extended period of time, keep it in a cool location (ideally, 71° F or 22° C) and discharge the battery to 50 percent. When storing your computer for longer than five months, maintain the capacity of the battery by charging the battery to 50 percent every six months or so.

Cleaning your MacBook Pro. When cleaning the outside of your MacBook Pro and its components, first shut down your MacBook Pro and unplug the USB-C Charge Cable and the 61W Power Adapter or 96W Power Adapter. Then dampen a clean, soft, lint-free cloth to wipe the MacBook Pro exterior. Avoid getting moisture in any openings. Don't spray liquid directly on the computer. Don't use aerosol sprays, solvents, abrasives, or cleaners containing hydrogen peroxide, which might damage the finish.

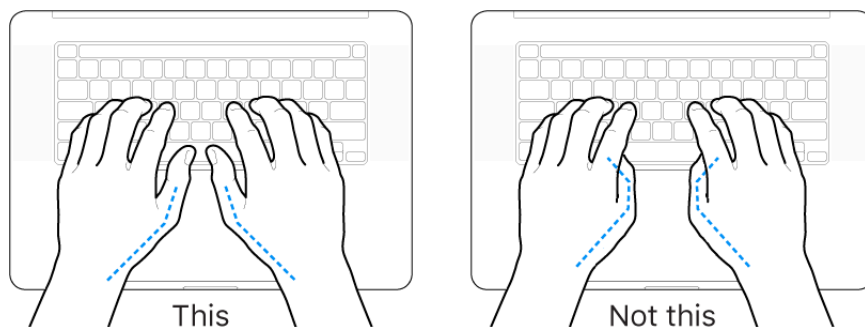
Cleaning the MacBook Pro screen. To clean the MacBook Pro screen, first shut down your MacBook Pro and unplug the USB-C Charge Cable and the 61W Power Adapter or 96W Power Adapter. Then dampen a clean, soft, lint-free cloth with just water and wipe the screen. Don't spray liquid directly on the screen.

Mac ergonomics

When you use the keyboard and mouse, your shoulders should be relaxed. Your upper arm and forearm should form an angle that is slightly greater than a right angle, with your wrist and hand in roughly a straight line.



Use a light touch when typing or using the trackpad and keep your hands and fingers relaxed. Avoid rolling your thumbs under your palms.



Change hand positions often to avoid fatigue. Some computer users might develop discomfort in their hands, wrists, or arms after intensive work without breaks. If you begin to develop chronic pain or discomfort in your hands, wrists, or arms, consult a qualified health specialist.

External mouse. If you use an external mouse, position the mouse at the same height as the keyboard and within a comfortable reach.


Chair. An adjustable chair that provides firm, comfortable support is best. Adjust the height of the chair so your thighs are horizontal and your feet are flat on the floor. The back of the chair should support your lower back (lumbar region). Follow the manufacturer's instructions for adjusting the backrest to fit your body properly.

Built-in display. Adjust the angle of the display to minimize glare and reflections from overhead lights and windows. Do not force the display if you meet resistance. The display is not designed to open past 135 degrees.

You can adjust the brightness of the screen when you take the computer from one work location to another, or if the lighting in your work area changes.

For more information about ergonomics, see the Apple Support article [Ergonomics](#).

Regulatory information

Regulatory information, certification, and compliance marks specific to MacBook Pro are available on-device. Choose Apple menu  > About This Mac > Support > Regulatory Certification.

FCC compliance statement

This device complies with part 15 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.

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 to 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 to this product not authorized by Apple could void the electromagnetic compatibility (EMC) and wireless compliance and negate your authority to operate the product.

This product has demonstrated EMC compliance under conditions that included the use of compliant peripheral devices and shielded cables between system components. It is important that you use compliant peripheral devices and shielded cables between system components to reduce the possibility of causing interference to radios, television sets, and other electronic devices.

Responsible party (contact for FCC matters only):

Apple Inc.
One Apple Park Way, MS 911-AHW
Cupertino, CA 95014
USA
www.apple.com/contact

ISED Canada compliance statement

This device complies with ISED Canada license-exempt RSS standard(s). Operation is subject to the following two conditions: (1) this device may not cause interference, and (2) this device must accept any interference, including interference that may cause undesired operation of the device.

Operation in the band 5150–5250 MHz is only for indoor use to reduce the potential for harmful interference to co-channel mobile satellite systems.

Le présent appareil est conforme aux CNR d'ISDE Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes : (1) l'appareil ne doit pas produire de brouillage, et (2) l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

La bande 5150–5250 MHz est réservée uniquement pour une utilisation à l'intérieur afin de réduire les risques de brouillage préjudiciable aux systèmes de satellites mobiles utilisant les mêmes canaux.

EU compliance statement

Apple Inc. hereby declares that this wireless device is in compliance with Directive 2014/53/EU.

A copy of the EU Declaration of Conformity is available at [Declarations of Conformity](#).

Apple's EU representative is Apple Distribution International Ltd., Hollyhill Industrial Estate, Cork, Ireland.



Use Restriction

This device is restricted to indoor use when operating in the 5150 to 5350 MHz frequency range. This restriction applies in: AT, BE, BG, CH, CY, CZ, DE, DK, EE, EL, ES, FI, FR, HR, HU, IE, IS, IT, LI, LT, LU, LV, MT, NL, NO, PL, PT, RO, SE, SI, SK, TR, UK.

Japan VCCI Class B statement

VCCI クラスB基準

この装置は、クラスB機器です。この装置は、住宅環境で使用することを目的としていますが、この装置がラジオやテレビジョン受信機に近接して使用されると、受信障害を引き起こすことがあります。取扱説明書に従って正しい取り扱いをして下さい。VCCI-B

本製品は、EMC準拠の周辺機器およびシステムコンポーネント間にシールドケーブル（イーサネットネットワークケーブルを含む）が使用されている状況で、EMCへの準拠が実証されています。ラジオ、テレビ、およびその他の電子機器への干渉が発生する可能性を低減するため、EMC準拠の周辺機器およびシステムコンポーネント間にシールドケーブルを使用することが重要です。

重要: Appleの許諾を得ることなく本製品に変更または改変を加えると、電磁両立性 (EMC) および無線に準拠しなくなり、製品を操作するための許諾が取り消されるおそれがあります。

ENERGY STAR® compliance statement



As an ENERGY STAR partner, Apple has determined that standard configurations of this product meet the ENERGY STAR guidelines for energy efficiency. The ENERGY STAR program is a partnership with electronic equipment manufacturers to promote energy-efficient products. Reducing energy consumption of products saves money and helps conserve valuable resources.

MacBook Pro is shipped with power management enabled, with the computer set to sleep after 10 minutes of user inactivity. To wake your computer, click the trackpad or press any key on the keyboard. To change this setting, open System Preferences, then click Energy Saver.

For more information about ENERGY STAR, go to [Energy Star](#).

Apple and the environment

At Apple, we recognize our responsibility to minimize the environmental impacts of our operations and products.

For information, go to Apple's [Environment](#) website.

Disposal and recycling information



This symbol indicates that this product and/or battery should not be disposed of with household waste. When you decide to dispose of this product and/or its battery, do so in accordance with local environmental laws and guidelines.

For information about Apple's recycling program, recycling collection points, restricted substances, and other environmental initiatives, go to Apple's [Environment](#) website.

Información sobre eliminación de residuos y reciclaje

El símbolo de arriba indica que este producto y/o su batería no debe desecharse con los residuos domésticos. Cuando decida desechar este producto y/o su batería, hágalo de conformidad con las leyes y directrices ambientales locales. Para obtener información sobre el programa de reciclaje de Apple, puntos de recolección para reciclaje, sustancias restringidas y otras iniciativas ambientales, visite www.apple.com/mx/environment o www.apple.com/la/environment.

Brasil – Informações sobre descarte e reciclagem

O símbolo acima indica que este produto e/ou sua bateria não devem ser descartados no lixo doméstico. Quando decidir descartar este produto e/ou sua bateria, faça-o de acordo com as leis e diretrizes ambientais locais. Para informações sobre substâncias de uso restrito, o programa de reciclagem da Apple, pontos de coleta e telefone de informações, visite www.apple.com/br/environment.

European Union—Disposal Information

The symbol above means that according to local laws and regulations your product and/or its battery shall be disposed of separately from household waste. When this product reaches its end of life, take it to a collection point designated by local authorities. The separate collection and recycling of your product and/or its battery at the time of disposal will help conserve natural resources and ensure that it is recycled in a manner that protects human health and the environment.

Battery disposal information

The battery in your MacBook Pro should be serviced, replaced, or recycled by Apple or an authorized service provider, and must be recycled or disposed of separately from household waste according to your local environmental laws and guidelines. For information about battery service and recycling, go to [Battery Service and Recycling](#).

Software License Agreement

Use of MacBook Pro constitutes acceptance of the Apple and third-party software license terms found at [Software License Agreements](#).

Apple Inc.

© 2020 Apple Inc. All rights reserved.

Use of the “keyboard” Apple logo (Option-Shift-K) for commercial purposes without the prior written consent of Apple may constitute trademark infringement and unfair competition in violation of federal and state laws.

Apple, the Apple logo, AirDrop, AirPlay, AirPort, AirPrint, Apple Music, Apple Pay, Apple TV, Apple Watch, Face ID, FaceTime, Finder, Flyover, GarageBand, Handoff, iMovie, iPad, iPhone, iPod, iPod touch, iTunes, iTunes U, Keynote, Launchpad, Lightning, Mac, MacBook Pro, macOS, Mission Control, Numbers, Pages, Retina, Safari, Siri, Spaces, Spotlight, Time Machine, Touch ID, and watchOS are trademarks of Apple Inc., registered in the U.S. and other countries.

Apple Books, iPadOS, Live Photos, and Touch Bar are trademarks of Apple Inc.

AppleCare, Apple Store, App Store, iCloud, iCloud Drive, iTunes Radio, and iTunes Store are service marks of Apple Inc., registered in the U.S. and other countries.

Apple

One Apple Park Way
Cupertino, CA 95014
USA

www.apple.com

IOS is a trademark or registered trademark of Cisco in the U.S. and other countries and is used under license.

The Bluetooth® word mark and logos are registered trademarks owned by Bluetooth SIG, Inc. and any use of such marks by Apple Inc. is under license.

ENERGY STAR and the ENERGY STAR mark are registered trademarks owned by the U.S. Environmental Protection Agency.

Other company and product names mentioned herein may be trademarks of their respective companies.

Every effort has been made to ensure that the information in this manual is accurate. Apple is not responsible for printing or clerical errors.

Some apps are not available in all areas. App availability is subject to change.

Apple Inc.

© 2020 Apple Inc. All rights reserved.

Use of the “keyboard” Apple logo (Option-Shift-K) for commercial purposes without the prior written consent of Apple may constitute trademark infringement and unfair competition in violation of federal and state laws.

Apple, the Apple logo, AirDrop, AirPlay, AirPort, AirPrint, Apple Music, Apple Pay, Apple TV, Apple Watch, Face ID, FaceTime, Finder, Flyover, GarageBand, Handoff, iMovie, iPad, iPhone, iPod, iPod touch, iTunes, iTunes U, Keynote, Launchpad, Lightning, Mac, MacBook Pro, macOS, Mission Control, Numbers, Pages, Retina, Safari, Siri, Spaces, Spotlight, Time Machine, Touch ID, and watchOS are trademarks of Apple Inc., registered in the U.S. and other countries.

Apple Books, iPadOS, Live Photos, and Touch Bar are trademarks of Apple Inc.

AppleCare, Apple Store, App Store, iCloud, iCloud Drive, iTunes Radio, and iTunes Store are service marks of Apple Inc., registered in the U.S. and other countries.

Apple

One Apple Park Way
Cupertino, CA 95014
USA
www.apple.com

IOS is a trademark or registered trademark of Cisco in the U.S. and other countries and is used under license.

The Bluetooth® word mark and logos are registered trademarks owned by Bluetooth SIG, Inc. and any use of such marks by Apple Inc. is under license.

ENERGY STAR and the ENERGY STAR mark are registered trademarks owned by the U.S. Environmental Protection Agency.

Other company and product names mentioned herein may be trademarks of their respective companies.

Every effort has been made to ensure that the information in this manual is accurate. Apple is not responsible for printing or clerical errors.

Some apps are not available in all areas. App availability is subject to change.