

# LEVELS OF NOISE In decibels (dB)

## PAINFUL & DANGEROUS

Use hearing protection or avoid

- |     |   |
|-----|---|
| 140 | <ul style="list-style-type: none"> <li>· Fireworks</li> <li>· Gun shots</li> <li>· Custom car stereos (at full volume)</li> </ul> |
| 130 | <ul style="list-style-type: none"> <li>· Jackhammers</li> <li>· Ambulances</li> </ul>   |

## UNCOMFORTABLE

Dangerous over 30 seconds

- |     |  |
|-----|--|
| 120 | <ul style="list-style-type: none"> <li>· Jet planes (during take off)</li> </ul> |
|-----|--|

## VERY LOUD

Dangerous over 30 minutes

- |     |   |
|-----|---|
| 110 | <ul style="list-style-type: none"> <li>· Concerts (any genre of music)</li> <li>· Car horns</li> <li>· Sporting events</li> </ul> |
| 100 | <ul style="list-style-type: none"> <li>· Snowmobiles</li> <li>· MP3 players (at full volume)</li> </ul>                           |
| 90  | <ul style="list-style-type: none"> <li>· Lawnmowers</li> <li>· Power tools</li> <li>· Blenders</li> <li>· Hair dryers</li> </ul>  |

Over 85 dB for extended periods can cause permanent hearing loss.

## LOUD

- |    |  |
|----|--|
| 80 | <ul style="list-style-type: none"> <li>· Alarm clocks</li> </ul>               |
| 70 | <ul style="list-style-type: none"> <li>· Traffic</li> <li>· Vacuums</li> </ul> |

## MODERATE

- |    |  |
|----|--|
| 60 | <ul style="list-style-type: none"> <li>· Normal conversation</li> <li>· Dishwashers</li> </ul> |
| 50 | <ul style="list-style-type: none"> <li>· Moderate rainfall</li> </ul>                          |

## SOFT

- |    |   |
|----|---|
| 40 | <ul style="list-style-type: none"> <li>· Quiet library</li> </ul> |
| 30 | <ul style="list-style-type: none"> <li>· Whisper</li> </ul>       |

## FAINT

- |    |   |
|----|---|
| 20 | <ul style="list-style-type: none"> <li>· Leaves rustling</li> </ul> |
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**OCTOBER IS NATIONAL AUDIOLOGY AWARENESS MONTH  
AND NATIONAL PROTECT YOUR HEARING MONTH**