LEVELS OF NOISE In decibels (dB)

PAINFUL & DANGEROUS

Use hearing protection or avoid

- 140 Fireworks
 - Gun shots
 - Custom car stereos (at full volume)
- 130 · Jackhammers
 - Ambulances

UNCOMFORTABLE

Dangerous over 30 seconds

120 • Jet planes (during take off)

VERY LOUD

Dangerous over 30 minutes

- 110 Concerts (any genre of music)
 - Car horns
 - Sporting events
- 100 · Snowmobiles
 - MP3 players (at full volume)
- 90 · Lawnmowers
 - Power tools
 - Blenders
 - Hair dryers

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

LOUD

- 80 Alarm clocks
- 70 Traffic
 - Iranic
 - Vacuums

MODERATE

- 60 · Normal conversation
 - Dishwashers
- 50 Moderate rainfall

SOFT

- 40 Quiet library
- 30 · Whisper

FAINT

20 · Leaves rustling

AMERICAN ACADEMY OF AUDIOLOGY—
www.HowsYourHearing.org

LEVELS OF NOISE In decibels (dB)

PAINFUL & DANGEROUS

Use hearing protection or avoid

- 140 Fireworks
 - Gun shots
 - Custom car stereos (at full volume)
- 130 · Jackhammers
 - Ambulances

UNCOMFORTABLE

Dangerous over 30 seconds

120 • Jet planes (during take off)

VERY LOUD

Dangerous over 30 minutes

- 110 Concerts (any genre of music)
 - Car horns
 - Sporting events
- 100 · Snowmobiles
 - MP3 players (at full volume)
- 90 · Lawnmowers
 - Power tools
 - Blenders
 - Hair dryers

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

LOUL

- 80 Alarm clocks
- '0 Traffio
- Vacuun

MODERATE

- 60 · Normal conversation
 - Dishwashers
- 50 Moderate rainfall

SOFT

- 40 · Quiet library
- 30 · Whisper

FAINT

20 · Leaves rustling



LEVELS OF NOISE In decibels (dB)

PAINFUL & DANGEROUS

Use hearing protection or avoid

- 140 Fireworks
 - Gun shots
 - Custom car stereos (at full volume)
- 130 · Jackhammers
 - Ambulances

UNCOMFORTABLE

Dangerous over 30 seconds

120 • Jet planes (during take off)

VERY LOUD

Dangerous over 30 minutes

- 110 Concerts (any genre of music)
 - Car horns
- Sporting events
- 100 · Snowmobiles
 - MP3 players (at full volume)
- 90 · Lawnmowers
 - Power tools
 - Blenders
 - Hair dryers

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

LOUD

- 80 Alarm clock
- 70 Traffic
- · Iraffic
- vacuums

MODERATE

- 60 · Normal conversation
 - Dishwashers
- 50 Moderate rainfall

SOFT

- 40 · Quiet library
- 30 · Whisper

FAINT

20 · Leaves rustling

AMERICAN ACADEMY OF AUDIOLOGY www.HowsYourHearing.org

LEVELS OF NOISE In decibels (dB)

PAINFUL & DANGEROUS

Use hearing protection or avoid

- 140 Fireworks
 - Gun shots
 - Custom car stereos (at full volume)
- 130 · Jackhammers
 - Ambulances

UNCOMFORTABLE

Dangerous over 30 seconds

120 • Jet planes (during take off)

VERY LOUD

Dangerous over 30 minutes

- 110 Concerts (any genre of music)
 - Car horns
 - Sporting events
- 100 · Snowmobiles
 - MP3 players (at full volume)
- 90 · Lawnmowers
 - Power tools
 - Blenders
 - Hair dryers

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

LOUE

- OO Alexandrala
- TO T (C
- U · Iraffic
- Vuoudii

MODERATE

- 60 Normal conversation
 - Dishwashers
- 50 Moderate rainfall

SOFI

- 40 · Quiet library
- 30 · Whisper

FAINT

20 · Leaves rustling

American Academy of Audiology / www.HowsYourHearing.org

