# PROTECT YOUR HEARING





TURN DOWN
THE VOLUME



WEAR EAR PROTECTION

October Is National Protect Your Hearing Month

American Academy of Audiology www.HowsYourHearing.org

# PROTECT YOUR HEARING



WALK AWAY FROM THE NOISE



TURN DOWN
THE VOLUME



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# **LEVELS OF NOISE**

In decibels (dB)

### **PAINFUL & DANGEROUS**

Use hearing protection or avoid

140	<ul><li>Fireworks</li><li>Gun shots</li><li>Custom car stereos (at full volume)</li></ul>
130	Jackhammers     Ambulances

#### **UNCOMFORTABLE**

Dangerous over 30 seconds

Jet planes (during take off)

#### **VERY LOUD**

Dangerous over 30 minutes

	<ul><li>Car horns</li><li>Sporting events</li></ul>
100	Snowmobiles     MP3 players (at full volume)
90	Lawnmowers     Power tools     Blenders     Hair dryers

Concerts (any genre of music)

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

80	Alarm clocks
70	Traffic     Vacuums

#### **MODERATE**

60	<ul><li>Normal conversation</li><li>Dishwashers</li></ul>
50	Moderate rainfall

### SOFT

40	Quiet library
30	• Whisper

## **FAINT**

Leaves rustling

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#### **MODERATE**

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