

# 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  
• 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](http://www.HowsYourHearing.org)

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