

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

MAY IS BETTER HEARING MONTH