

LEVELS OF NOISE In decibels (dB)

PAINFUL & DANGEROUS

Use hearing protection or avoid

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

UNCOMFORTABLE

Dangerous over 30 seconds

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

Dangerous over 30 minutes

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

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

LOUD

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

MODERATE

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

SOFT

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

FAINT

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

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