

PROTECT YOUR HEARING



WALK AWAY
FROM THE NOISE



TURN DOWN
THE VOLUME



WEAR EAR
PROTECTION

October Is National Protect
Your Hearing Month

American Academy of Audiology
www.HowsYourHearing.org

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LEVELS OF NOISE

In decibels (dB)

PAINFUL & DANGEROUS

Use hearing protection or avoid

- | | |
|-----|-------------------------------------------------------------------------------------------------------------------------------|
| 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

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

VERY LOUD

Dangerous over 30 minutes

- | | |
|-----|-------------------------------------------------------------------------------------------------------------------------------|
| 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

- | | |
|----|---------------------------------------------------------------------------------------------|
| 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

- | | |
|----|-------------------------------------------------------------------|
| 20 | <ul style="list-style-type: none">• Leaves rustling |
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