# 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 drvers

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

#### LOUD

- 80 Alarm clocks
- 70 Traffic
  - Vacuum

#### **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

# 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.

#### LOUL

- 80 Alarm clocks
- 70 Traffi
- Vacuum

#### MODERATE

- 60 · Normal conversation
  - Dishwashers
- 50 · Moderate rainfall

#### SOFT

- 40 · Quiet library
- 30 · Whisper

#### **FAINT**

20 · Leaves rustling



# 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 clock
- 70 Traff
- · Irattic
- vacuum

# 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

# 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.

#### LOUL

- O Alexandral
- 70 Traffic
- 1/--

#### 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

