<table>
<thead>
<tr>
<th>Levels of Noise</th>
<th>In decibels (dB)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Painful &amp; Dangerous</td>
<td>Use hearing protection or avoid</td>
</tr>
<tr>
<td>Uncomfortable</td>
<td>Dangerous over 30 seconds</td>
</tr>
<tr>
<td>Very Loud</td>
<td>Dangerous over 30 minutes</td>
</tr>
<tr>
<td>Loud</td>
<td>Over 85 dB for extended periods can cause permanent hearing loss</td>
</tr>
<tr>
<td>Moderate</td>
<td></td>
</tr>
<tr>
<td>Soft</td>
<td></td>
</tr>
<tr>
<td>Faint</td>
<td></td>
</tr>
</tbody>
</table>

**Levels of Noise**

- **Painful & Dangerous**
  - Over 140 dB: Fireworks, Gun shots, Custom car stereos (at full volume)
  - Over 130 dB: Jackhammers, Ambulances
- **Uncomfortable**
  - Over 120 dB: Jet planes (during take off)
- **Very Loud**
  - Over 110 dB: Concerts (any genre of music), Car horns, Sporting events
  - Over 100 dB: Snowmobiles, MP3 players (at full volume)
- **Loud**
  - Over 90 dB: Lawnmowers, Power tools, Hair dryers
- **Moderate**
  - Over 80 dB: Alarm clocks, Traffic, Vacuums
  - Over 60 dB: Normal conversation, Dishwashers
  - Over 50 dB: Moderate rainfall
- **Soft**
  - Over 40 dB: Quiet library, Hair dryers
  - Over 30 dB: Whisper
- **Faint**
  - Over 20 dB: Leaves rustling

*American Academy of Audiology*  
www.HowsYourHearing.org