

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

American Academy of Audiology
www.HowsYourHearing.org

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