

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

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| 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

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|----|---|
| 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**