

Levels of Noise in Decibels (dB)

PAINFUL & DANGEROUS		
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; use hearing protection	120	<ul style="list-style-type: none"> • Jet planes (during take off)
VERY LOUD		
Dangerous; use hearing protection	110	<ul style="list-style-type: none"> • Concerts (any genre of music) • Car horns • Sporting events
	100	<ul style="list-style-type: none"> • Snowmobiles • Ear buds/mobile devices (at full volume)
	90	<ul style="list-style-type: none"> • Lawnmowers • Power tools
Over 85 dB for extended periods can cause permanent hearing loss. NIOSH* recommends wearing hearing protection whenever noise levels exceed 85 dB, regardless of how long the sound lasts.		
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

For more information on audiology and hearing loss, visit www.HowsYourHearing.org.

Visit "Find an Audiologist" to locate and set up an appointment with an audiologist in your area to get your hearing tested.

*National Institute for Occupational Safety and Health (cdc.gov/niosh).

