

# Levels of Noise in Decibels (dB)

PAINFUL & DANGEROUS		
Dangerous; use hearing protection or avoid	140	<ul style="list-style-type: none"> <li>· Fireworks</li> <li>· Gun shots</li> <li>· Custom car stereos (at full volume)</li> </ul>
	130	<ul style="list-style-type: none"> <li>· Jackhammers</li> <li>· Ambulances</li> </ul>
UNCOMFORTABLE		
Dangerous; use hearing protection	120	<ul style="list-style-type: none"> <li>· Jet planes (during take off)</li> </ul>
VERY LOUD		
Dangerous; use hearing protection	110	<ul style="list-style-type: none"> <li>· Concerts (any genre of music)</li> <li>· Car horns</li> <li>· Sporting events</li> </ul>
	100	<ul style="list-style-type: none"> <li>· Snowmobiles</li> <li>· Ear buds/mobile devices (at full volume)</li> </ul>
	90	<ul style="list-style-type: none"> <li>· Lawnmowers</li> <li>· Power tools</li> </ul>
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"> <li>· Alarm clocks</li> </ul>
	70	<ul style="list-style-type: none"> <li>· Traffic</li> <li>· Vacuums</li> </ul>
MODERATE		
	60	<ul style="list-style-type: none"> <li>· Normal conversation</li> <li>· Dishwashers</li> </ul>
	50	<ul style="list-style-type: none"> <li>· Moderate rainfall</li> </ul>
SOFT		
	40	<ul style="list-style-type: none"> <li>· Quiet library</li> </ul>
	30	<ul style="list-style-type: none"> <li>· Whisper</li> </ul>
FAINT		
	20	<ul style="list-style-type: none"> <li>· Leaves rustling</li> </ul>

For more information on audiology and hearing loss, visit [www.HowsYourHearing.org](http://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](http://cdc.gov/niosh)).

