

# LEVELS OF NOISE In decibels (dB)

PAINFUL & 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 over 30 seconds	120	<ul style="list-style-type: none"> <li>• Jet planes (during take off)</li> </ul>
VERY LOUD		
Dangerous over 30 minutes	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>• MP3 players (at full volume)</li> </ul>
	90	<ul style="list-style-type: none"> <li>• Lawnmowers</li> <li>• Power tools</li> <li>• Blenders</li> <li>• Hair dryers</li> </ul>
Over 85 dB for extended periods can cause permanent hearing loss.		
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>

## OCTOBER IS NATIONAL AUDIOLOGY AWARENESS MONTH AND NATIONAL PROTECT YOUR HEARING MONTH

Visit [www.HowsYourHearing.org](http://www.HowsYourHearing.org) to learn more about audiology and hearing loss.

Think you may have a hearing loss? Click on the "Find an Audiologist" link of the Web site to locate and set up an appointment with an audiologist in your area to get your hearing tested.