How Loud Is Too Loud?

- **140-165** Firecracker, shotgun firing
- **140** Jet taking off
- **120** Ambulance siren
- **110** Rock concert, symphony orchestra
  
  Regular exposure of more than 1 minute at or above 110 decibels risks permanent hearing loss.
- **105** Personal stereo at maximum level
- **100** Woodshop, snowmobile
  
  No more than 15 minutes of unprotected exposure at or above 100 decibels is recommended.
- **90** Power mower
- **85** Heavy city traffic, school cafeteria
  
  Prolonged exposure to any noise at or above 85 decibels can cause gradual hearing loss.
- **75** Dishwasher
- **60** Normal conversation
- **40** Refrigerator
- **30** Whisper
- **0** Smallest sound a person with normal hearing can detect
Why Protect Your Hearing?

Noise-induced hearing loss:
• Can build over time.
• Is permanent.
• Is preventable.

How to Protect Your Hearing:
• Lower the volume.
• Move away from the noise.
• Wear hearing protectors, such as earplugs or earmuffs.

http://www.noisyplanet.nidcd.nih.gov
800-241-1044

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