

How loud is too loud?

- **150** Firecracker
- **120** Ambulance siren
- **110** Chainsaw, Rock concert
- **105** Personal stereo system at maximum level
- **100** Wood shop, Snowmobile
- **95** Motorcycle
- **90** Power mower
- **85** Heavy city traffic
- **60** Normal conversation
- **40** Refrigerator humming
- **30** Whispered voice
- **0** Threshold of normal hearing

DECIBELS



Protect your ears

Know which noises
can cause damage.

Wear ear plugs
when you are involved
in a loud activity.

- **110** Regular exposure of more than 1 minute risks permanent hearing loss.
- **100** No more than 15 minutes unprotected exposure recommended.
- **85** Prolonged exposure to any noise at or above 85 decibels can cause gradual hearing loss.

Get Sound Advice

For more information
about hearing loss,
contact:

NIDCD Information
Clearinghouse

1 Communication Avenue

Bethesda, MD 20892-3456

1-800-241-1044

1-800-241-1055 (TTY)

E-mail: nidcdinfo@nidcd.nih.gov

www.nidcd.nih.gov