



# 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.*

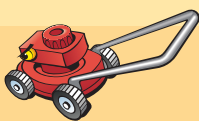
**105** Personal stereo  
at maximum level



**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

↑  
decibels

# Why Protect Your Hearing?

Noise-induced hearing loss:

- Can build over time.
- Is permanent.
- Is preventable.

# How to Protect Your Hearing:

- Wear hearing protectors, such as earplugs or earmuffs.
- Move away from the noise.
- Lower the volume.



[www.noisyplanet.nidcd.nih.gov](http://www.noisyplanet.nidcd.nih.gov)

**800-241-1044**

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