



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.

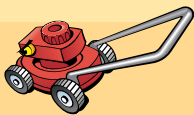
105 Personal stereo
at maximum level



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:

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



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