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
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: niddcinfo@nidcd.nih.gov
www.nidcd.nih.gov