

How Loud Is Too Loud?

Sound is measured in decibels (dB). Sounds at or above 85 dBA* can cause hearing loss. The louder the sound, the quicker it can damage your hearing. *dBA = A-weighted decibels

140-160 dBA
Fireworks show



140 dBA
Jet taking off



110-129 dBA
Ambulance sirens



94-110 dBA
Headphones, sporting events,
and concerts



80-110 dBA
Motorcycle



80-100 dBA
Lawnmower or tractor



74-104 dBA
Movie theater



60-70 dBA
Normal conversation



30 dBA
Whisper



2 minutes at 110 dBA
can damage your hearing.

14 minutes at 100 dBA
can damage your hearing.

8 hours at 85 dBA
can damage your hearing.

At or below 70 dBA, sounds are
generally considered safe.

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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<https://www.noisyplanet.nidcd.nih.gov>

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