

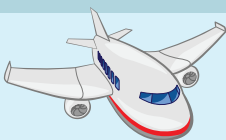
How Loud Is Too Loud?

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.



A program of the National Institutes of Health

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

Toll-free voice: (800) 241-1044

U.S. DEPARTMENT OF HEALTH
AND HUMAN SERVICES
National Institutes of Health
National Institute on Deafness and
Other Communication Disorders

NIH Publication No. 18-DC-6431
May 2018

It's a Noisy Planet. Protect Their Hearing.® and the Noisy Planet logo are registered trademarks of the U.S. Department of Health and Human Services.

Source: CDC National Center for Environmental Health

Follow Us

