

# Noise Levels



**SOUND**  
HEARING & BALANCE

Level of Noise  
in Decibels

Common Noises

Time Before  
Damage Occurs

PAINFUL & DANGEROUS Use hearing protection or avoid		
140+	Fireworks Gunshots Custom car stereos (at full volume)	Instant permanent damage
130	Jackhammers Ambulances	Less than one second
UNCOMFORTABLE		
120	Jet planes (during take off)	7.5 minutes
VERY LOUD		
110	Concerts (any genre of music) Car horns Sporting events	30 minutes
100	Snowmobiles MP3 players (at full volume)	2 Hours
90	Lawnmowers Power tools Blenders Hair dryers	8 Hours
Over 85 dB for extended periods can cause permanent hearing loss.		
LOUD		
80	Restaurants Alarm clocks	
70	Traffic Vacuums	
MODERATE		
60	Normal conversation Dishwashers	
50	Moderate rainfall	
SOFT		
40	Quiet libraries	
30	Whispering	
FAINT		
20	Leaves rustling	