## LEVELS OF NOISE In decibels (dB)

PAINFUL & DANGEROUS	
Use hearing protection or avoid	<ul> <li>140</li> <li>Fireworks</li> <li>Gun shots</li> <li>Custom car stereos (at full volume)</li> </ul>
	130 · Jackhammers · Ambulances
UNCOMFORTABLE	
Dangerous over 30 seconds	120 · Jet planes (during take off)
VERY LOUD	
Dangerous over 30 minutes	<ul> <li>Concerts (any genre of music)</li> <li>110</li> <li>Car horns</li> <li>Sporting events</li> </ul>
	<ul> <li>100 · Snowmobiles</li> <li>· MP3 players (at full volume)</li> </ul>
	90 · Lawnmowers · Power tools · Blenders · Hair dryers
Over 85 dB for extended periods can cause permanent hearing loss.	
LOUD	
	80 · Alarm clocks
	70 · Traffic · Vacuums
MODERATE	
	60 · Normal conversation · Dishwashers
	50 · Moderate rainfall
SOFT	
	40 · Quiet library
	30 · Whisper
FAINT	
	20 · Leaves rustling

## OCTOBER IS NATIONAL AUDIOLOGY AWARENESS MONTH AND NATIONAL PROTECT YOUR HEARING MONTH

Visit www.HowsYourHearing.org to learn more about audiology and hearing loss.

Think you may have a hearing loss? Click on the "Find an Audiologist" link of the Web site to locate and set up an appointment with an audiologist in your area to get your hearing tested.

