



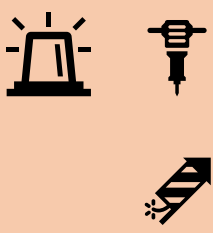


	Everyday Sounds and Noises	Average Sound Level (in decibels)	Typical Response (after routine or repeated exposure)
	Softest sound that can be heard	0	Sounds at these dB levels typically don't cause any hearing damage.
	Normal breathing	10	
	Ticking watch, rustling leaves	20	
	Soft whisper	30	
	Refrigerator hum	40	
	Moderate Rainfall	50	
	Normal conversation, air conditioner	60	
	Vacuum	70	You may feel annoyed by the noise, but not damaging.
	Alarm Clock	80	
	City traffic (inside the car)	80–85	
Noise over 85 dB for extended periods can cause permanent hearing loss.			
	Gas-powered lawnmowers, power tools, blenders, hair dryer	90	Dangerous over 30 minutes
	Motorcycle, Snowmobiles	95	
	Live sporting events	100	
	Nightclubs, concerts, car horns	105–110	
	Jet Planes (during takeoff)	120	Dangerous over 30 seconds
	Standing beside or near sirens, ambulances, Jackhammers	130	Use hearing protection or AVOID
	Firecrackers, Custom Car Stereos (at full volume)	140–150	
	Shotgun	160	

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PLEASE NOTE: Long term exposure to levels above 90 dB, even with the use of hearing protection, can damage your hearing. For example, NIOSH recommends no more than 2 hours of exposure with proper hearing protection at levels above 100 dB.