



[Home](#) > [Health Info](#) > [Hearing, Ear Infections, and Deafness](#) > [How Loud Is Too Loud? Bookmark](#)

How Loud Is Too Loud? Bookmark

Download the "How loud is too loud?" Bookmark (PDF; get [Adobe Reader](#))

How loud is too loud?	
150	Firecracker
120	Ambulance siren
110	Chainsaw, Rock Concert
105	Personal stereo system at maximum level
100	Wood shop, Snowmobile
95	Motorcycle
90	Power mower
85	Heavy city traffic
60	Normal Conversation
40	Refrigerator humming
30	Whispered voice

Protect Your Ears.

Know which noises can cause damage. Wear ear plugs when you are involved in a loud activity.

110 Decibels

Regular exposure of more than 1 minute risks permanent hearing loss.

100 Decibels

No more than 15 minutes unprotected exposure recommended.

85 Decibels

Prolonged exposure to any noise above 85 decibels can cause gradual hearing loss.

Get sound advice.

For more information, contact the

NIDCD
Information
Clearinghouse.

[Top](#)



National Institute on Deafness and Other Communication
Disorders
National Institutes of Health
31 Center Drive, MSC 2320
Bethesda, MD USA 20892-2320
E-mail: nidcdinfo@nidcd.nih.gov

Page last updated: April 26, 2006



USA.gov