To help you understand what we mean by “exposed to loud noise” see the graph below for examples of loud sounds. You are most likely “exposed to loud noise” if you are around activities at or above 85 decibels. Another example of loud noise is noise that makes it hard to talk to or hear another person, or makes your ears ring after exposure.

- **140 Decibels**: Immediate danger to hearing. Gunshot, Jet engine at take-off
- **120 Decibels**: Risk of hearing damage in 7.5 minutes. Rock concert, Sandblasting
- **110 Decibels**: Risk of hearing damage in 30 minutes. Snowmobile from driver’s seat
- **100 Decibels**: Risk of hearing damage in 2 hours. Chainsaw, Stereo headphones
- **90 Decibels**: Risk of hearing damage in 8 hours. Lawn mower, Truck traffic
- **95 Decibels**: Risk of hearing damage in 4 hours. Motorcycle, Power Saw
- **105 Decibels**: Risk of hearing damage in 1 hour. Jackhammer, Helicopter
- **115 Decibels**: Risk of hearing damage in 15 minutes. Baby’s cry, Stadium football game
- **125 Decibels**: Pain threshold. Air raid siren, Firecracker
- **85 Decibels**: Beginning of OSHA regulations
- **30 Decibels**: Faint sound. Whisper

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