

**Hearing Health Foundation** aims to educate Americans about safe listening levels and how to prevent noise-induced hearing loss. Nearly 50 million Americans, including 1 in 5 teenagers, suffer from hearing loss.



## How Loud Is Too Loud?

Sound level is measured in decibels (dB). As the number of decibels increases, so does the risk of harm to hearing, as shown in the guide below.

**140-165** Firecracker, shotgun firing



**140** Jet taking off



**120** Ambulance siren, thunderclap

**110** Jackhammer, rock concert, symphony orchestra

Regular exposure of more than 1 minute at or above 110 decibels risks permanent hearing loss.



**105** MP3 players at maximum volume

No more than 15 minutes of unprotected exposure at or above 100 decibels is recommended.



**95** Subway platform



**85** Heavy city traffic, school cafeteria

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



**75** Dishwasher

**70** Hair dryer, vacuum

**60** Normal conversation

**40** Refrigerator

**30** Whisper

**0** Smallest sound a person with normal hearing can detect.