

# How Loud Is Too Loud?

The louder the sound, the quicker it can damage your hearing. Sound is measured in decibels.

Sounds at or above 85 dBA\* can cause hearing loss.

\*dBA = A-weighted decibels

**2 minutes at 110 dBA** can damage your hearing.

**140-160 dBA**  
*Fireworks show*



**110-129 dBA**  
*Ambulance sirens*



**14 minutes at 100 dBA** can damage your hearing.

**94-110 dBA**  
*Headphones, sporting events and concerts*



**8 hours at 85 dBA** can damage your hearing.

**80-100 dBA**  
*Lawnmower*



**74-104 dBA**  
*Movie theater*



**At or below 70 dBA,** sounds are generally considered safe.

**60-70 dBA**  
*Normal conversation*



**30 dBA**  
*Whisper*



## Why Protect Your Hearing?

Noise-induced hearing loss:

- )) Can build over time.
- )) Is permanent.
- )) Is preventable.

## How to Protect Your Hearing:

- )) Lower the volume.
- )) Move away from the noise.
- )) Wear hearing protectors, such as earplugs or earmuffs.

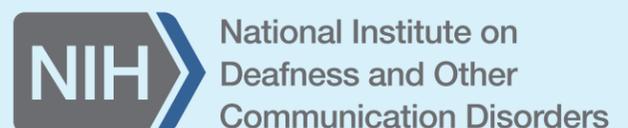


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