

Moore Auditory Integration Training, LLC

Safe Listening Habits

Decibels (dB)	Environmental Sounds	Sound Exposure Time OSHA Guidelines
0 dB	Threshold of human hearing	Use of headphones or earbuds -- Researchers found, it is not IF you would suffer hearing loss, but WHEN. Users kept increasing volume to unsafe levels. It is best to listen to music out in the room at 50% or less of the volume capacity of your player
10 dB	Breathing, Falling Snow	
20 dB	Clock Ticking, Falling Leaves	
30 dB	Quiet Room, Whisper	
40 dB	Refrigerator, Speech	
50 dB	Rain	
60 dB	Dishwasher, Alarm Clock, Group Conversation	
70 dB	Noisy Restaurant, City Traffic	
80 dB	Vacuum, Blender, Garbage Disposal, Screaming Child	
90 dB	Bass Drum (no amplifier), Motorcycle, Lawn Mower	
92 dB	Cars on the Highway	Need ear protection after 8 hours or daily exposure
95 dB	Tractors	Need ear protection after 6 hours
100 dB	Subway Train, Blow Dryer	Need ear protection after 4 hours
102 dB	Chainsaw, Helicopter	Need ear protection after 2 hours
105 dB	Nightclubs	Need ear protection after 1.5 hours
110 dB	Snowblower	Need ear protection after 1 hour
115 dB	Instruments with amplification	Need ear protection after 30 minutes
120 dB	Jet Plane, Rock Concert, Fire Crackers, Thunder	Need ear protection after 15 minutes
130 dB	Sirens, Gunshot, Jets	Use sound elimination ear protection
140 dB	Aircraft Carrier Deck, Shotgun	Use sound elimination ear protection
150 dB	Earn Drum Ruptures	Use sound elimination ear protection See an ENT Doctor