

Moore Auditory Integration Training, LLC

Safe Listening Habits

decibels (dB)	Environmental Sounds	Sound exposure time OSHA Guidelines
0 dB	Threshold of human hearing	<p>Use of headphones or earbuds -- Resarchers found, it is not if you would suffer hearing loss, but when.</p> <p>Users kept increasing volume to unsafe levels.</p> <p>It is best to listen to music out in the room at 50% or less volume.</p>
10 dB		
20 dB		
30 dB		
40 dB		
50 dB		
60 dB		
70 dB		It is work to hear speech over noise.
80 dB		
90 dB		Need ear protection after 8 hours
92 dB		Need ear protection after 6 hours
95 dB		Need ear protection after 4 hours
100 dB		Need ear protection after 2 hours
102 dB		Need ear protection after 1.5 hours
105 dB		Need ear protection after 1 hour
110 dB		Need ear protection after 30 minutes
115 dB		Need ear protection after 15 minutes

120 dB		Use sound elimination ear protection
130 dB		Use sound elimination ear protection
140 dB		Use sound elimination ear protection
150 dB		See an ENT doctor

Information retrieved from https://www.osha.gov/dts/osta/otm/new_noise/#decibels