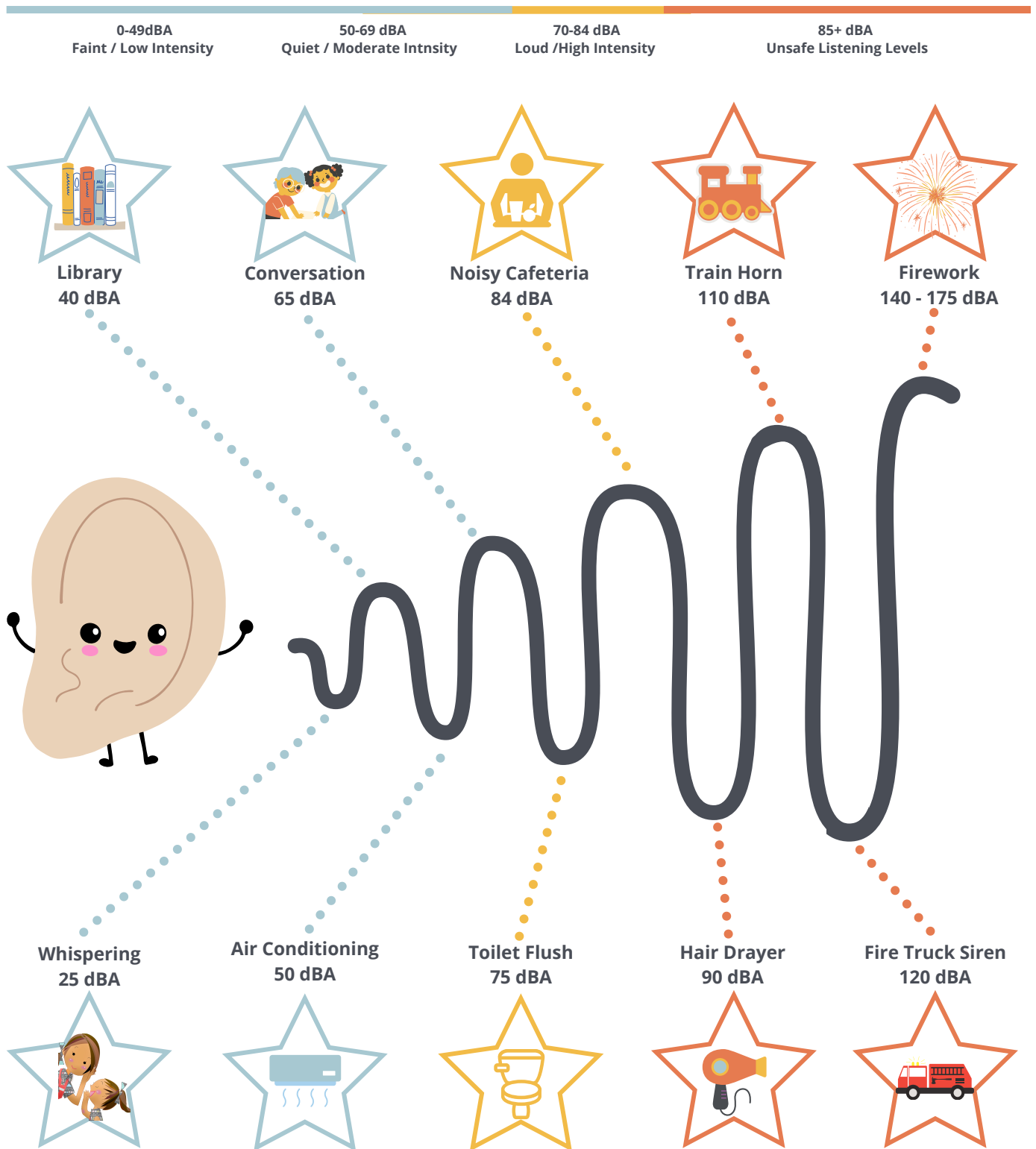


Sounds on a Decibel Scale

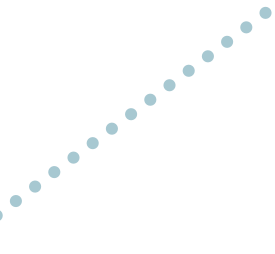


Protect Your Ears

0-49dBA
Faint / Low Intensity



50-69 dBA
Quiet / Moderate Intensity



70-84 dBA
Loud / High Intensity



85+ dBA
Unsafe Listening Levels



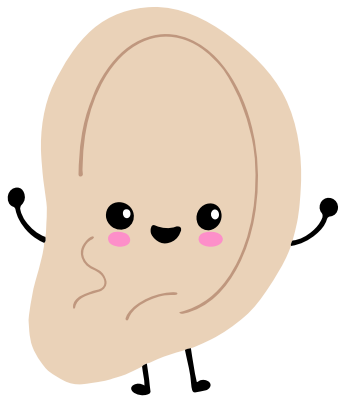
It is safe to listen to faint/low & quiet/moderate intensity sounds for any length of time.

It is safe to listen to loud/high intensity (80 dB for adults & 75 dB for kids) sounds for up to 8 hours. However, hearing protection is recommended.

With each 3 dB increase in sound above 85 dB (for adults), the amount of time you can safely listen to it decreases by half.

- 85 dB - 8 hours
- 88 dB - 4 hours
- 91 dB - 2 hours
- 94 dB - 1 hour
- 97 dB - 30 minutes
- 100 dB - 15 minutes
- 103 dB - 7-8 minutes
- 106 dB - 4 minutes
- 109 dB - 2 minutes
- 112 dB - 1 minute

Sounds that are 115+ dB are not safe to listen to without hearing protection and can cause immediate damage.



TIP!

Damage to your ears depends on how loud the sound is, how long you listen to the sound, and how close you are to the sound. If you do not have hearing protection...



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Resources

American Speech-Language-Hearing Association
<https://www.asha.org/public/hearing/loud-noise-dangers/>

International Noise Awareness Day
<https://noiseawareness.org/info-center/common-noise-levels/>

3M
<https://multimedia.3m.com/mws/media/8885530/noise-navigator-sound-level-hearing-protection-database.pdf>