

# NOISE LEVELS

Decibel Level (Units of sound measurement)	How long can you listen without protection?	Noise Source
130	0	Jet take off
120	0	Rock concert
115	Less than 1 minute	Sports event
109	Less than 2 minutes	Car horn
106	3.75 minutes	Personal music player at maximum volume
103	7.5 minutes	Motorcycle
100	15 minutes	School dance
97	30 minutes	Lawnmower
94	1 hour	Electric drill
91	2 hours	Shouting

**Level at which damages begins**

85	8 hours	Vacuum cleaner
55	Safe	Conversation

Once a noise reaches over 85 dB (approximately the level of a vacuum), damage to your hearing may begin.

After this, every 3 dB increase in sound halves the length of time that your ears can handle the noise before damage starts.

You can only listen to personal music players (PMPs) for approximately 3.75 minutes on a high volume before it starts to damage your hearing.

The lower the volume, the longer you can safely listen for.