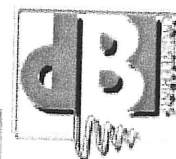


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Tutorial: Everyday Noise List

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Noise is all around us. Exposure to noise levels above 85 dBA for 8 hours is the Federal threshold for hearing protection. Levels above 90 dBA can cause permanent hearing loss with relatively short exposure. The following is a list of various sounds, their decibel levels, and the recommended exposure time to each.

Sound	Decibel Level	Time Permitted
rustling leaves	20 dB	no limit
whispering	25 dB	no limit
library	30 dB	no limit
refrigerator	45 dB	no limit
average home	50 dB	no limit
normal conversation	60 dB	no limit
clothes dryer	60 dB	no limit
washing machine	65 dB	no limit
dishwasher	65 dB	no limit
car	70 dB	no limit
vacuum cleaner	70 dB	no limit
mixer	70 dB	no limit
electric sewing machine	70 dB	no limit
busy traffic	75 dB	no limit
mini-bike	80 dB	no limit
alarm clock	80 dB	no limit
noisy restaurant	80 dB	no limit
office tabulator	80 dB	no limit
outboard motor	80 dB	no limit
passing snowmobile	80 dB	no limit
average factory	85 dB	8 hours
electric shaver	85 dB	8 hours
screaming child	90 dB	8 hours
passing motorcycle	90 dB	8 hours
convertible ride on frw	95 dB	4 hours
subway train	100 dB	2 hours
diesel truck	100 dB	2 hours
woodworking shop	100 dB	2 hours
pneumatic drill	100 dB	2 hours
boiler shop	100 dB	2 hours
jackhammer	100 dB	2 hours

helicopter	105 dB	1 hour
power mower	105 dB	1 hour
snowmobile drvrs seat	110 dB	30 minutes
inboard motorboat	110 dB	30 minutes
sandblasting	110 dB	30 minutes
live rock music	90-130 dB	8-0.3 hours
auto horn	120 dB	7.5 mins
propeller aircraft	120 dB	7.5 mins
air raid siren	130 dB	3.75 mins
THRESHOLD OF PAIN	140 dB	danger level
gunshot	140 dB	danger level
jet engine	140 dB	danger level
rocket launching	180 dB	danger level

Decibels are tricky to measure. A 5 dB noise reduction is about 30% quieter and represents a 50% decrease in the risk of hearing loss!

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