



Here are some common recreational noise levels. Noise-induced hearing loss results from a combination of high sound levels and extended periods of exposure to sounds above **85 dBA**. Protect your hearing when involved with these types of activities.

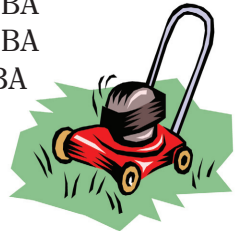
Music

At the bar.....	90 dBA
Car stereos.....	up to 154 dBA
Clubs and discos.....	91–96 dBA
Dance floor.....	85–105 dBA
Home stereo.....	up to 115 dBA
Personal stereos.....	60–114 dBA
Rock concerts.....	90–115 dBA
Symphony concerts.....	80–100 dBA



Workshop

Blower.....	up to 112 dBA
Chain saw.....	up to 125 dBA
Circular saw.....	113 dBA
Electric drill.....	94 dBA
Hedge cutter.....	95 dBA
Lawn mower.....	80–95 dBA
Leaf blower.....	110–112 dBA
Power saw.....	95–115 dBA
Router.....	85–110 dBA
Snow blower.....	85–91 dBA



Firearms

.22 rifle.....	132–139 dB Peak
Cap pistol.....	108–150 dB Peak
Hand guns.....	150–167 dB Peak
Rifles.....	156–167 dB Peak
Shotguns.....	147–149 dB Peak
Other firearms.....	110–175 dB Peak

Always use hearing protectors when hunting or target shooting. A single exposure to gunfire can cause permanent hearing loss.

Toybox

Balloon pop.....	157 dBA
Bicycle horn.....	143 dBA
Cap gun.....	99–156 dBA
Hammer and peg board.....	94–97 dBA
Rattles.....	75–91 dBA
Toy rifle.....	143–153 dBA
Wind-up drummer.....	88–91 dBA

Environmental sounds

Heavy traffic.....	78 dBA
Leaves rustling.....	20 dBA
Thunder clap.....	120 dBA
Whisper at five feet.....	30 dBA

Home

Air conditioner.....	60–72 dBA
Alarm clock ring.....	80 dBA
Average home inside.....	50 dBA
Dishwasher.....	54–85 dBA
Food blender.....	88 dBA
Garbage disposal.....	68–93 dBA
Hair dryer.....	59–90 dBA
Vacuum cleaner.....	60–82 dBA



Miscellaneous

Aircraft, jets.....	71–83 dBA (cruising)
Ambulance siren.....	120 dBA
Apollo liftoff.....	188 dBA
Fishing (powerboat).....	60–115 dBA
Jazzercise class.....	90–92 dBA
Model aircraft.....	108–115 dBA
Motorcycle.....	80–115 dBA
Movies.....	80–85 dBA; up to 118
Private aircraft.....	80–110 dBA
Referee whistles.....	103–107 dBA
Snowmobile.....	86–100 dBA
Sporting events.....	95–100 dBA
Truck show.....	90–110 dBA
Video arcade.....	80–110 dBA