

# How LOUD Is It?

Decibals measure the loudness of sounds

| Decibals (dB)  | Activity/Noise Producer                                    |
|--|--|
| 150  | Firecracker, Gunshots                                      |
| 145  | Boom Cars  |
| 140  | Jet Aircraft   |
| 135  | Shotgun Firing   |
| 130  | Rock Concert, Jet Take Off                                 |
| 125  | Sporting Events,   |
| 120  | Ambulance Siren; Movie Theaters; Health Clubs, Thunderclap |
| 115  | Motorboats   |
| 110  | Chainsaw;; Video Arcades; Siren, Symphony Orchestra        |
| 105  | Personal Stereo System at Maximum Level                    |
| 100  | Wood Shop; Snowmobile, Train, Garbage Truck                |
| 95   | Farm Tractor, Newspaper Press                              |
| 90   | Power Lawnmower  |
| <b><i>Prolonged exposure to noise over 90dB can cause gradual hearing loss</i></b> |  |
| 85   | Heavy City Traffic, Motorcycles, Subway                    |
| 80   | Garbage Disposal   |
| 75   | Dishwasher, Washing Machine                                |
| 70   | Vacuum Cleaner, Hair Dryer                                 |
| 65   | Laughter   |
| 60   | Conversational Speech                                      |
| 55   | Quiet Office   |
| 50   |  |
| 45   |  |
| 40   | Refrigerator Humming; Quiet Library, Stream                |
| 35   |  |
| 30   | Whispered Voice  |
| 25   |  |
| 20   | Rustling Leaf, Mosquito                                    |
| 15   |  |
| 10   | Normal Breathing   |
| 5  |  |
| 0  | Threshold of Normal Hearing                                |