

## **Sound**

The following table illustrates some common sounds and their intensity.

<b>Approximate Decibel Level</b>	<b>Examples</b>
0 dB	The quietest sound you can hear.
30 dB	Whisper, quiet library.
60 dB	Normal conversation, sewing machine, typewriter.
90 dB	Lawnmower, shop tools, truck traffic; 8 hours per day is the maximum exposure (protects 90% of people).
100 dB	Chainsaw, pneumatic drill, snowmobile; 2 hours per day is the maximum exposure without protection.
115 dB	Sandblasting, loud rock concert, auto horn; 15 minutes per day is the maximum exposure without protection.
140 dB	Gun muzzle blast, jet engine; noise causes pain and even brief exposure injures unprotected ears; maximum allowed noise with hearing protector.

## **Non-Occupational Noise**

Non-occupational noises are also regularly encountered during recreational activities and are a source of premature hearing reduction. Peak noise levels, in dB, are provided in the following table taken from Smith et al, 1999.

Noise	Level
Firecracker	180
Gunshot	167
Car Stereo	154
Children's toys	150
Sporting events	127
Rock Concert	120
Health Club	120
Motorboats	115
Video Arcade	110
Snowmobile	99
Movie	94