



# Noise Levels

Instructions: Match the noise with the category below. **ANSWER KEY**



OVER 85 DB FOR EXTENDED PERIODS CAN CAUSE PERMANENT HEARING LOSS.

DANGEROUS  
OVER 30 MINUTES

DANGEROUS  
OVER 30 SECONDS

USE HEARING  
PROTECTION/AVOID

FAINT 20–30 dB	SOFT 30–50 dB	MODERATE 50–70 dB	LOUD 70–90 dB	VERY LOUD 90–120 dB	UNCOMFORTABLE 120–130 dB	PAINFUL & DANGEROUS 130+ dB
leaves rustling	whisper quiet library	normal conversation dishwasher moderate rainfall	traffic vacuum cleaner alarm clock	live concert car horn sporting event snowmobile MP3 player at full volume power tool lawn mower hair dryer blender	jet plane takeoff	fireworks gun shot custom car stereo at full volume ambulance jackhammer

Protect your ears. If the noise is too loud, walk away, turn it down (*Turn it to the Left*), or use ear plugs.