HOW LOUD IS TOO LOUD?

Noise-induced hearing loss is related to the volume and duration of your exposure to sound. NIOSH recommends no more than 85 decibels over 8 hours.

- **20 decibels**
  - ticking watch

- **60-70 decibels**
  - normal conversation

- **100 decibels**
  - passing truck

- **110 decibels**
  - humans feel pain

- **125 decibels**
  - ambulance

- **150 decibels**
  - jet engine at takeoff