



# BRITISH ACADEMY OF AUDIOLOGY



VACUUM CLEANER



WASHING MACHINE



NORMAL PIANO PRACTICE



CAR TRAFFIC



AVERAGE PERSONAL STEREO



BUS INTERIOR



## Protecting your hearing

# Control the noise and protect your hearing

The louder the sound, the more likely it is to damage your hearing, and the faster that damage will occur.

**Headphones 94–110 dBA**

**Sporting event 94–110 dBA**

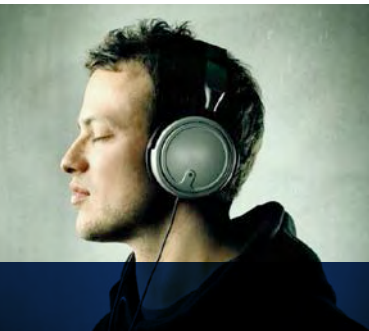
**Fireworks 140–160 dBA**

Noises are more likely to damage your hearing if they are:

**85 dBA and last a few hours.**

**100 dBA and last at least 14 minutes.**









**110 dBA and last at least 2 minutes.**



Once a noise reaches over 85dB damage to your hearing may begin. After this every 3dB level increase in sound halves the length of time that your ears can handle the noise before damage starts.

NOISE LEVEL	TYPE OF NOISE	SAFE EXPOSURE TIME (WITHOUT NOISE PROTECTION)
30 dB	 QUIET WHISPER	SAFE
55 dB	 NORMAL CONVERSATIONAL VOICE	SAFE
70 dB	 SOFT RADIO MUSIC	SAFE
70 dB	 VACUUM CLEANER	SAFE
80 dB	 WASHING MACHINE	SAFE
80 dB	 NORMAL PIANO PRACTICE	SAFE
85 dB	 CAR TRAFFIC	8 HOURS

If you are exposed to loud sounds protect your hearing using noise plugs or move away from the noise.

NOISE LEVEL	TYPE OF NOISE	SAFE EXPOSURE TIME (WITHOUT NOISE PROTECTION)
90 dB	 AVERAGE PERSONAL STEREO LEVEL	2 HOURS
90 dB	 BUS INTERIOR	2 HOURS
91 dB	 PUBLIC HOUSE	2 HOURS
95 dB	 BAR IN A NIGHT CLUB	1 HOUR
100 dB	 INSIDE AN UNDERGROUND TRAIN	15 MINUTES
100 dB	 HAIR DRYER	15 MINUTES
115 dB	 PERSONAL STEREO AT PEAK NOISE	7.5 MINUTES
130 dB	 LIVE ROCK BAND	66 SECONDS

# Control the noise and protect your hearing

Sounds around you are too loud, if:

- ③ You find yourself speaking loudly or shouting so people an arm's length away can hear you.
- ③ The noise hurts your ears.
- ③ Your ears buzz or ring during the noise or after the noise goes away.

You Can Prevent Noise-Induced Hearing Loss

- ③ Lower the volume
- ③ Always listen at safe levels
- ③ Sounds at or below 70 dBA are generally considered safe
- ③ Move away from the noise
- ③ Sounds get quieter as you get further away from the source
- ③ Wear hearing protectors, such as earplugs or earmuffs

If you would like further information,  
have a look online at: [www.baudiology.org](http://www.baudiology.org)



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