Sounds around you are too loud, if:

- You find yourself speaking loudly or shouting so people an arm's length away can hear you.
- The noise hurts your ears.
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You Can Prevent Noise-Induced Hearing Loss:

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

Control the noise and protect your hearing.

If you would like further information, have a look online at:

www.baaudiology.org
facebook.com/baaudiology
@BAAudiology
British Academy of Audiology
baaudiology
+44 (0)1625 290046
admin@baaudiology.org
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.

<table>
<thead>
<tr>
<th>NOISE LEVEL</th>
<th>TYPE OF NOISE</th>
<th>SAFE EXPOSURE TIME (WITHOUT NOISE PROTECTION)</th>
</tr>
</thead>
<tbody>
<tr>
<td>30 dB</td>
<td>QUIET WHISPER</td>
<td>SAFE</td>
</tr>
<tr>
<td>55 dB</td>
<td>NORMAL CONVERSATIONAL VOICE</td>
<td>SAFE</td>
</tr>
<tr>
<td>70 dB</td>
<td>SOFT RADIO MUSIC</td>
<td>SAFE</td>
</tr>
<tr>
<td>70 dB</td>
<td>VACUUM CLEANER</td>
<td>SAFE</td>
</tr>
<tr>
<td>80 dB</td>
<td>WASHING MACHINE</td>
<td>SAFE</td>
</tr>
<tr>
<td>80 dB</td>
<td>NORMAL PIANO PRACTICE</td>
<td>SAFE</td>
</tr>
<tr>
<td>85 dB</td>
<td>CAR TRAFFIC</td>
<td>8 HOURS</td>
</tr>
</tbody>
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If you are exposed to loud sounds protect your hearing using noise plugs or move away from the noise.

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<tbody>
<tr>
<td>90 dB</td>
<td>AVERAGE PERSONAL STEREO LEVEL</td>
<td>2 HOURS</td>
</tr>
<tr>
<td>90 dB</td>
<td>BUS INTERIOR</td>
<td>2 HOURS</td>
</tr>
<tr>
<td>91 dB</td>
<td>PUBLIC HOUSE</td>
<td>2 HOURS</td>
</tr>
<tr>
<td>95 dB</td>
<td>BAR IN A NIGHT CLUB</td>
<td>1 HOUR</td>
</tr>
<tr>
<td>100 dB</td>
<td>INSIDE AN UNDERGROUND TRAIN</td>
<td>15 MINUTES</td>
</tr>
<tr>
<td>100 dB</td>
<td>HAIR DRYER</td>
<td>15 MINUTES</td>
</tr>
<tr>
<td>115 dB</td>
<td>PERSONAL STEREO AT PEAK NOISE</td>
<td>7.5 MINUTES</td>
</tr>
<tr>
<td>130 dB</td>
<td>LIVE ROCK BAND</td>
<td>66 SECONDS</td>
</tr>
</tbody>
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