






# Safe Exposure Times

EXPOSURE TIME <sup>3</sup>	dB	EXAMPLE SOUNDS
Instantaneous permanent damage	140+	Shotgun, rifle, jet engine 
Less than one second	130	Jackhammer, heavy industrial 
Less than ten seconds Threshold of pain	120	Rock concert 
1.5 minutes	110	Power tools, snowmobile
15 minutes	100	Chainsaw, motorcycle 
2.5 hours	90	Lawn mower
8 hours	85	Beginning of Danger Zone

Prolonged exposure to noise levels 85 dB and higher can result in permanent hearing loss	80	City traffic
	70	Vacuum cleaner, hair dryer
	60	Office, sewing machine
	50	Normal conversation
	40	Refrigerator
	30	Whisper
	20	Rustling leaves




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