

Noise-Induced Hearing Loss

For every 3 decibels over 85, the permissible exposure time before hearing damage can occur is cut in half.

<u>Decibel level</u>	<u>Example & Permissible Exposure Time:</u>
30:	Whisper
45:	Refrigerator humming, rainfall
60:	Normal conversation
85:	Heavy city traffic, 8 hours
95:	Motorcycles, 1 hour
105:	MP3 player at max. volume; 7.5 min.
113:	Older navy jets at 1000 ft; <1 minute
120:	Sirens; <30 seconds
150:	Gun muzzle blast, <u>Growler jets</u> at takeoff. (no noise levels exist for Growlers flying in trios at 1200 feet) INSTANTANEOUS HEARING LOSS

Sources: CDC, NIOSH