

**Common Sound Intensities
(dB-A weighted)**

Ticking wrist watch 20 dB
Quiet whisper 30 dB
Humming refrigerator 40 dB
Moderate rainfall 50 dB
Washing machine 60 dB
Normal conversation at 3 feet 60-70 dB
Normal piano practice 60-70 dB
Noise in living area of space station 65 dB
Vacuum cleaner 70 dB
Telephone dial tone 80 dB
Alarm clock at 2 feet 80 dB
City traffic, inside the car 85 dB 40 hours
Violin 88-110 dB < 20 hours
Marshall Chasin's clarinet 80-110 dB <20 hours*

Time for Earplugs

**Industry monitoring requirements begin at 85-90dB
Regular, sustained exposure may cause damage 85 dB**

Power lawn mower 91 dB and up <10 hours
MP-3 player (one third vol.) 94 dB 5 hours
Trumpet 97 dB 2.5 hours
MP-3 player (half vol.) 100 dB 1.25 hours
Chain saw 110 dB 10 minutes
MP-3 player (full vol.) 115 dB < 5 minutes
Amplified rock music (4-6 ft) 120 dB dangerous without ear protection

Pain Begins 125 dB

Symphonic music (peak) 120-137 dB
Firecracker (peak) 140 dB
Rock music (peak) 150 dB