

Sound Line Activity – Common Sounds Chart

Threshold of pain begins around 125 dB. (Danger Zone)	
Boom Cars	145
Jet Engines (near)	140
Shotgun Firing	130
Jet Takeoff (100-200 ft.)	130
Rock Concerts	110-140
Oxygen Torch	121
Threshold of sensation begins around 120 dB. (Damage Zone)	
Discotheque/Boom Box	120
Thunderclap (near)	120
Stereos (over 100 watts)	110-125
Symphony Orchestra	110
Power Saw	110
Jackhammer	110
Snowmobile	105
Jet Flyover (1000 ft.)	103
Regular exposure to sound over 100 dB for more than 1 minute risks permanent hearing loss. No more than 15 minutes of unprotected exposure recommended for sounds between 90-100 dB.	
Electric Furnace Area	100
Garbage Truck/Cement Mixer	100
Farm Tractor	98
Newspaper Press	97
Subway, Motorcycle (25 ft)	88
85 dB is the level at which hearing damage begins.	
Lawnmower, Food Blender	85-90
Recreational Vehicles, TV	70-90
Diesel Truck (40 mph, 50 ft.)	84
Average City Traffic	80
Garbage Disposal	80
Washing Machine	78
Dishwasher	75
Vacuum Cleaner, Hair Dryer	70
Comfortable hearing levels are under 60 dB.	
Normal Conversation	50-65
Quiet Office	50-60
Refrigerator	40
Whisper	30
Rustling Leaves	20
Normal Breathing	10
The threshold of normal hearing starts at about 1000 to 4000khz.	

Since the sensitivity of the ear to sound is not the same for all frequencies, weighting or attenuating filters are included in the sound level meter's circuits to simulate the ears' response. A noise level meter finds an instantaneous measurement of the noise present, but cannot measure the duration of the exposure. To measure the amount of noise a person is exposed to over a period of time, a "dosimeter" or an integrated sound level meter must be used. Sources for above include the American Medical Association and the Canadian Hearing Society of Ontario. Decibel table developed by the National Institute on Deafness and Other Communication Disorders, National Institutes of Health, Bethesda, Maryland 20892. January 1990.

Source: http://www.nidcd.nih.gov/textonly/health/kids/teachers/common_p.htm