



Quiet Solution

Maximum Exposure per day (OSHA)	Sound level	Decibel Level	Examples
	No Sound	0	Threshold of hearing...essentially no sound
		10	Breathing
		15	A soft whisper in someone's ear.
	Very Quiet	20	Whisper, rustling leaves
		25	Recording Studio
		30	Quiet rural area, Very quiet library.
		40	Very Quiet Residence
		45	Typical neighborhood.
	Quiet	50	Quiet suburb, conversation at home, Private office
		60	Normal conversation (3-5 feet), sewing machine, typewriter.
	Annoying	70	Freeway Traffic at 50 feet, vacuum cleaner
		75	Typical car interior on highway
	Loud	80	Garbage disposal, dishwasher, average factory, Telephone dial tone, Noisy office
16 hours		85	City Traffic (inside car).
8 Hours		90	Power drill, shop tools, Busy urban street, diesel truck, food blender
6 Hours		92	Clarinet, Oboe at 10 feet
4 Hours		95	Subway train at 200 feet
3 Hours		97	French Horn at 10 feet
2 Hours	Very Loud	100	Jet takeoff 1000 feet, Outboard motor, farm tractor, garbage truck, Very heavy Traffic
1.5 Hours		102	Motorcycle
1 Hour		105	Power mower
		108	Home Theater (loud peaks)
0.5 Hours		110	Chainsaw, pneumatic drill, typical rock concert, Steel Mill, riveting, auto horn at 3 feet
0.25 Hours		115	Jackhammer
0 Hours	Pain threshold	120	Loud thunderclap, typical live rock music
Hearing damage occurring		125	Pneumatic riveter at 4 feet
Ear drum distortion		130	Jet takeoff (300 feet), Noise level during a stock car race.
Permanent hearing damage		132	Very loud rock concert, 50 feet in front of speakers
		140	Gun muzzle blast
		140	Prop aircraft on takeoff, gun muzzle blast, aircraft carrier deck, jet engine at 100 feet
Eardrum rupture		150	Jet takeoff 75 feet
		155	Shot from a handgun (.38 or .44) at 1 foot
		160	Jet aircraft on Takeoff at 30 feet
Immediate death of tissue		180	Jet engine at 1 foot
		194	Loudest sound in air, air particle distortion (sonic boom)