








# HOW LOUD IS TOO LOUD FOR HOW LONG?



## GUIDELINES FOR PROTECTING YOUR CHILD'S HEARING

A safe decibel level is considered 85 dB and lower

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NOISE EVENT	AVERAGE DECIBEL LEVEL	SAFE EXPOSURE TIME <u>WITHOUT</u> PROTECTION	HEARING LOSS PREVENTION STRATEGY  = HEARING PROTECTION	SAFE EXPOSURE TIME <u>WITH</u> WISE LITTLE EARS HEARING PROTECTION
Talking and laughing	65 dB	Unlimited	None	Not Needed
Close proximity to household vacuum	75 dB	Unlimited	None	Not Needed
Noisy restaurant or gathering space	85 dB	8 hours	 Recommended over 8 hours	24 hours
Riding in a small, non-commercial aircraft or motorboat	90 dB	2.5 hours	 Recommended for the duration of the ride	12.5 hours
Concert or sporting event	105 dB	4.5 minutes	 Recommended for the duration of the event	1 hour Take periodic breaks from the event to reset time
Commercial flight takeoff (varies by seat location and aircraft model)	up to 110 dB	90 seconds	 Recommended for the duration of the flight	7 minutes
Fireworks show (up close)	115 dB	30 seconds	 & Create distance from the event	up to 5 mins Take periodic breaks and distance your child from the event
Fire engine siren or hand dryer in public restroom	120 dB	9 seconds	 <b>OR</b> Fingers in ears (age 5+), parents tightly covering ears (4 and younger)	45 seconds

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