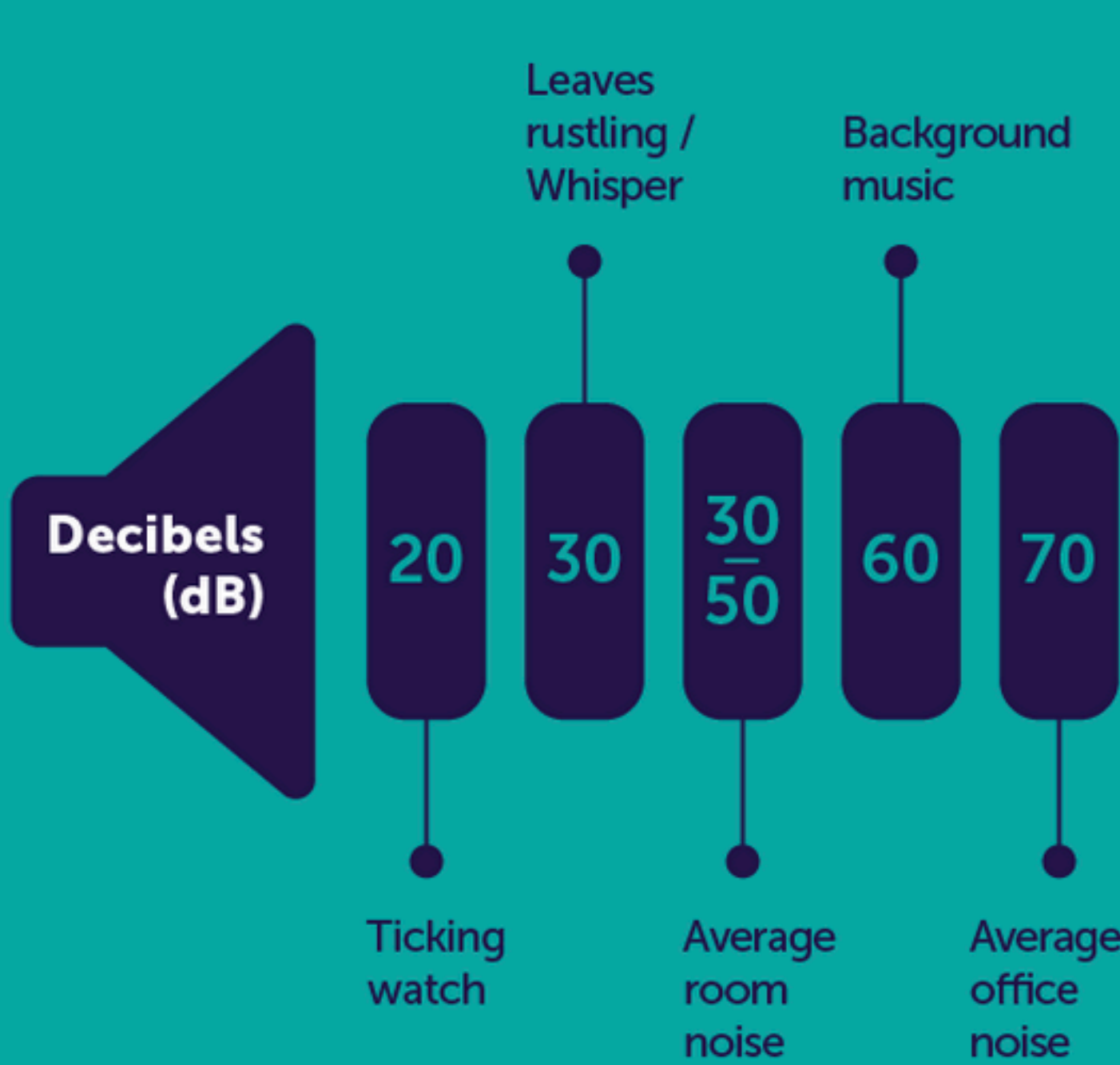# NOISE LEVELS

**Sounds at or below 70 dB are safe.**

**Sounds above 70 dB are harmful.**

**Decibels (dB)**

| dB | Description |
|---|---|
| 20 | Ticking watch |
| 30 | Leaves rustling / Whisper |
| 30–50 | Average room noise |
| 60 | Background music |
| 70 | Average office noise |
| 75 | Landscaping equipment (from inside a house) |
| 80 | Inside an airplane / Electric vacuum |
| 85 | City traffic (from inside a car) / Noisy restaurant |
| 90 | Hairdryer |
| 95 | Food processor / DJ'd school dance / Crowing rooster |
| 95–100 | Approaching subway train / Car horn at 16 feet / Pro sports games |
| 100 | Motorcycle / Automatic hand dryer |
| 105–110 | Nightclubs and bars / Gas-powered leaf blower / Ice cream truck |
| 110 | Trombone / Dog barking in ear / Ice cream truck |
| 110–120 | Rock or pop concert / Siren |
| 130 | Jack-hammer |
| 135 | Jet engine from 100 yards |
| 140 | Gunshot |