The effect of noise on hearing

The times shown on the graphic indicate how long you need to be exposed to the noise for your hearing to be damaged permanently. Permanent noise damage is often not immediately perceptible by the affected person. However, over time and with repeated exposure to noise, the effect will be cumulative and manifest itself as permanent hearing loss.

The damaging effect of noise also depends on a person's distance from the source of the noise and on their individual susceptibility.

Noise level in decibels (dB)

Important note:

the noise levels and durations indicated on this graphic are **approximate**

and should only be used

as a guide.

et taking off (25m away) Gunshot 120 dB 1 minute 110 dB neumatic hammer Noisy nightclub Chainsaw 15 minutes 100 dB Angle grinder 97 30 minutes Personal stereo 94 1 hour olume 2 hours Ride-on lawn mower 91 90 dB 4 hours 88 85 8 hours road Power lawn mower 80 dB 75 – Below this level 70 dB hearing damage Conversation 60 dB is negligible

	Conversation
This graphic has	Washing machine
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Padman Ratnesar,	Leaves rustling
A General Practice	
Guide to ENT	Sound studio
Problems, Figure 32	
page 73.	Threshold of normal hearing

50 dB

40 dB

30 dB

20 dB

10 dB

0 dB