



# 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, library
		30	Quiet rural area
		40	Very quiet residence
		45	Typical neighborhood
	Quiet	50	Quiet suburb, conversation at home, private office
		60	Normal conversation, 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, argument
16 hours		85	Kids screaming
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 (at 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	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 (at 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 (at 75 feet)
		155	Shot from a .38 or .44 handgun (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)