

Addendum C to:

Chasin, M. (2008, January 28). Musicians and the Prevention of Hearing Loss: An Introduction. *Audiology Online*. Available via the Articles Archive on <http://www.audiologyonline.com>

Intensities of Common Sounds in Decibels (dB A-weighted)

Common Sounds	Intensities	Maximum weekly time limits
Ticking wrist watch	20 dB	
Quiet whisper	30 dB	
Humming refrigerator	40 dB	
Moderate rainfall	50 dB	
Washing machine	60 dB	
Normal conversation at 3 feet	60-70 dB	
Normal piano practice	60-70 dB	
Noise in living area of space station	65 dB	
Vacuum cleaner	70 dB	
Telephone dial tone	80 dB	
Alarm clock at 2 feet	80 dB	
City traffic, inside the car	85 dB	40 hours
Violin	88-110 dB	< 20 hours
Marshall Chasin's clarinet	80-110 dB	<20 hours

Time for Earplugs

Industry monitoring requirements begin at 85-90dB

Regular, sustained exposure may cause damage 85 dB

Power lawn mower	91 dB and up	<10 hours
MP-3 player (one third vol.)	94 dB	5 hours
Trumpet	97 dB	2.5 hours
MP-3 player (half vol.)	100 dB	1.25 hours
Chain saw	110 dB	10 minutes
MP-3 player (full vol.)	115 dB	< 5 minutes
Amplified rock music at 4-6 feet	120 dB	dangerous without ear protection
Pain Begins	125 dB	
Symphonic music (peak)*	120-137 dB*	
Firecracker (peak)	140 dB	
Rock music (peak)	150 dB	

*Wagner's Ring Cycle- Gotterdammerung. Wagner's Ring Cycle, or Der Ring des Nibelungen is a four-opera cycle that Wagner composed over the course of 25 years. Wagner based the Cycle around strong human themes such as jealousy, greed, passion, and love. A presentation of Ring Cycle requires a large orchestral company.