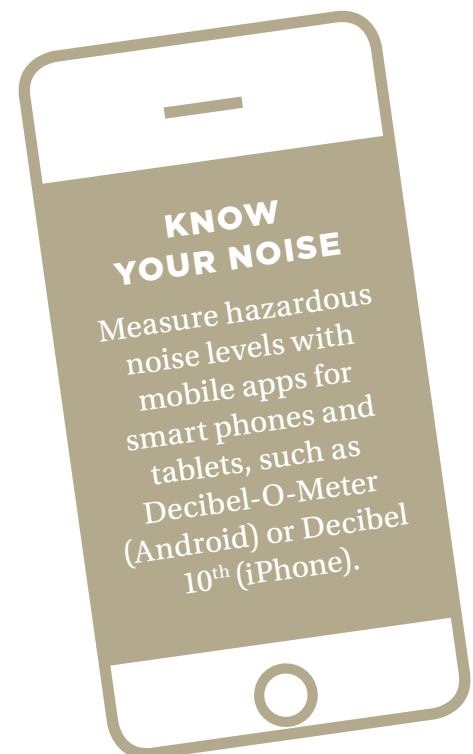


# HOW LOUD IS TOO LOUD?

NOISE-INDUCED HEARING LOSS IS PREVENTABLE

[@dodhce](#) [hearing.health.mil](#) [/dodhce](#)



Wear hearing protection, avoid hazardous noise, and turn the sound down.

Exposure to convoy engine noise over long periods of time can be as damaging as one IED.

If you must raise your voice to be understood within 3 feet, the noise is potentially hazardous.

Hearing is Mission Critical. It is your duty to prevent noise-induced hearing loss.

1.9M Veterans suffer from Service-related hearing disabilities

**DOUBLE HEARING PROTECTION REQUIRED (IMPULSE)**

**IMMEDIATE PHYSICAL DAMAGE**



**SINGLE HEARING PROTECTION REQUIRED (IMPULSE)**

**SEVERE IRRITATION**

**IMPULSE NOISES**

**IMMEDIATE PAIN**



70 dB    80 dB    85 dB    90 dB    100 dB    104 dB    110 dB    115 dB    130 dB    140 dB    150 dB    160 dB    165 dB

**STEADY-STATE NOISES**

VACUUM CLEANER

BLOWDRYER

HUMVEE

COCKPIT

DRILL

BLACKHAWK

CHAINSAW

JACKHAMMER

JET ENGINE

**SINGLE HEARING PROTECTION REQUIRED (STEADY-STATE)**  
Hearing loss possible with 8 hours exposure

**DOUBLE HEARING PROTECTION REQUIRED (STEADY-STATE)**