When is noise **too loud?**

Do your daily work activities put you at risk of noise-induced hearing loss?

85 dBA Repeated exposure to noise at 85 dBA (like running equipment) can cause permanent hearing loss over time.

140 dB A sudden noise above 140 dB peak (like a bang or impact) can damage your hearing instantly—even from one exposure.

Steady Noise

damages your hearing over time.

CONTINUOUS NOISE (dBA)*

AC Unit	75
Generator	100
Industrial Fan	100
Industrial Motor	100
Power Drill	103
Snow Blower	105
Table Saw	110
Excavator & Bulldozer	110
Ambulance Siren	120

*These are representative sound levels. Many factors affect sound levels of specific equipment.

One Loud Blast

can cause sudden hearing loss.

IMPULSE/IMPACT NOISE (dB)*

Nail Gun	100
Jack Hammer	103
Stud Welder	115
Board Hammer	148
Pile Driver	154
Impact Welder	155
Drop Forge	160
Military Weapons	185
Explosions	200

*These are representative sound levels. Many factors affect sound levels of specific equipment.

Be Noise Aware

If you have to raise your voice to be heard at arm's length, it's too loud. Step away when you can — and always wear well-fitting hearing protection in high noise.

Protect Your Hearing

Noise-induced hearing loss is permanent, yet preventable.

ISEA INTERNATIONAL SAFETY EQUIPMENT ASSOCIATION

ASSP AMERICAN SOCIETY OF SAFETY PROFESSIONALS

CAOHC Council for Accreditation in Occupational Hearing Conservation

alliance An OSHA Cooperative Program

Sources: American Speech-Language-Hearing Association, National Institute of Health, National Institue of Occupational Safety & Health
Reference: 3M Noise Navigator Sound Level Databse. multimedia.3m.com/mws/media/1262312O/3m-noise-navigator.xlsx

Through OSHA's Alliances with ASSP, CAOHC, and ISEA, the participants developed this infographic for informational purposes only. It does not necessarily reflect the official views of OSHA or the U.S. Department of Labor. November 2026

Under the Occupational Safety and Health Act, employers are responsible (www.osha.gov/workers/employer-responsibilities) for providing a safe and healthy workplace and workers have rights (www.osha.gov/workers). OSHA can help answer questions or concerns from employers and workers. OSHA's On-Site Consultation Program (www.osha.gov/consultation) offers free and confidential advice to small and medium-sized businesses, with priority given to high-hazard worksites. For more information, contact your regional or area OSHA office (www.osha.gov/contactus/bystate), call 1-800-321-OSHA (6742), or visit www.osha.gov.