

# FACT OVER FICTION

## COMMON SOUNDS

## DAILY EXPOSURE BEFORE HEARING DAMAGE OCCURS



*Anything Above 140 dB Can Cause Instant Hearing Damage*

*Instant Risk of Hearing Damage*

*0.8789 Seconds*

*9 Seconds  
Pain Threshold Begins*

*28 Seconds*

*1 Minute 29 Seconds*

*4 Minutes 43 Seconds*

*15 Minutes*

*47 Minutes 37 Seconds*

*8 Hours*

*OSHA Regulations Begin*

## AVERAGE SOUND REDUCTION

Earplugs / Earmuffs: 20 – 35 dB  
Suppressors: 20 – 35 dB



[AmericanSuppressorAssociation.com](http://AmericanSuppressorAssociation.com)

\*Additional information on noise levels and exposure limits can be found through CDC, NIOSH, 3M, or UF Studies