

What you need to know about noise

- ❖ Noise can come from something we enjoy - like our favourite song on the radio - being played too loud.
- ❖ Damage to our ears depends on the volume of the noise and how long we listen.
- ❖ If you are listening to music and you can't hear someone nearby talking to you, the music could hurt your ears.
- ❖ Once you lose some of your hearing it will never come back.
- ❖ Sound levels are measured in decibels (dB).
- ❖ Ontario law says that bosses in factories and other industrial workplaces must make sure workers don't lose their hearing because of noise at work.
- ❖ To protect our hearing from noise we need to use hearing protection like ear muffs or ear plugs when we are around sounds at high levels.
- ❖ It's important to know how long we will be around the noise and roughly how many decibels it is to decide if we need to wear protection.



Too much noise?

Common sounds	Noise (dB)	Notes
Jet engine	140	Painful
Night club	120	Starts to hurt
Football game (stadium)	117	
Power saw Rock band	110	If you hear this for more than one minute every day you risk losing some of your hearing for good.
Snowmobile	105	
Garbage truck	100	You shouldn't be around this noise without protection for more than 15 minutes a day.
Farm tractor	98	
Subway Lawnmower Motorcycle	90	
Electric razor Some factories	85	Hearing damage begins if you are around the noise for 8 hours or more in a day. Hearing protection should be used.
Average city traffic	80	
Normal conversation	60	
Refrigerator	40	
Whisper	30	
Normal breathing	10	

Circle the person's name if you think they should be using ear plugs or ear muffs. Use the chart to make your decision.

John has a summer job at a cemetery where he cuts grass all day long five days a week.

Pearl is walking home from school along a street with heavy traffic.

Susie is in a rock band and practices in her basement every day.

Edgar is helping his uncle make furniture in the garage and stands beside him while he cuts pieces of wood using a power saw.

Augusto got great tickets for a hip hop show and now he's sitting in the front row.

Ankur rides a snowmobile once a week in the winter. Each trip takes her about 5 minutes.

