

# How Loud Is Too Loud on the Farm?

The louder the sound, the quicker it can damage your hearing. Sound is measured in decibels. Sounds at or above 85 dBA\* can cause hearing loss.

\*dBA = A-weighted decibels

**2 minutes at 110 dBA** can damage your hearing.

**140–170 dBA**  
*Shooting sports, or fireworks*



**77–115 dBA**  
*Chainsaw*



## Why Protect Your Hearing?

Noise-induced hearing loss:

- » Can build over time.
- » Is permanent.
- » Is preventable.

**14 minutes at 100 dBA** can damage your hearing.

**85–107 dBA**  
*Pig squeals*



**82–100 dBA**  
*Grain dryer, grain auger, or tractor with no cab*



## How to Protect Your Hearing:

- » Lower the volume.
- » Move away from the noise.
- » Wear hearing protectors, such as earplugs or earmuffs.

**8 hours at 85 dBA** can damage your hearing.

**87–98 dBA**  
*Woodshop*



**76–87 dBA**  
*Tractor with a closed cab*



A program of the National Institutes of Health

<https://www.noisyplanet.nidcd.nih.gov>

**Toll-free voice: (800) 241-1044**

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**Sources:** The Noise Navigator™ Sound Level Database and CDC's National Center for Environmental Health

**At or below 70 dBA,** sounds are generally considered safe.

**60–70 dBA**  
*Normal conversation, or hens clucking*



**30 dBA**  
*Whisper*



**NIH** National Institute on Deafness and Other Communication Disorders

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