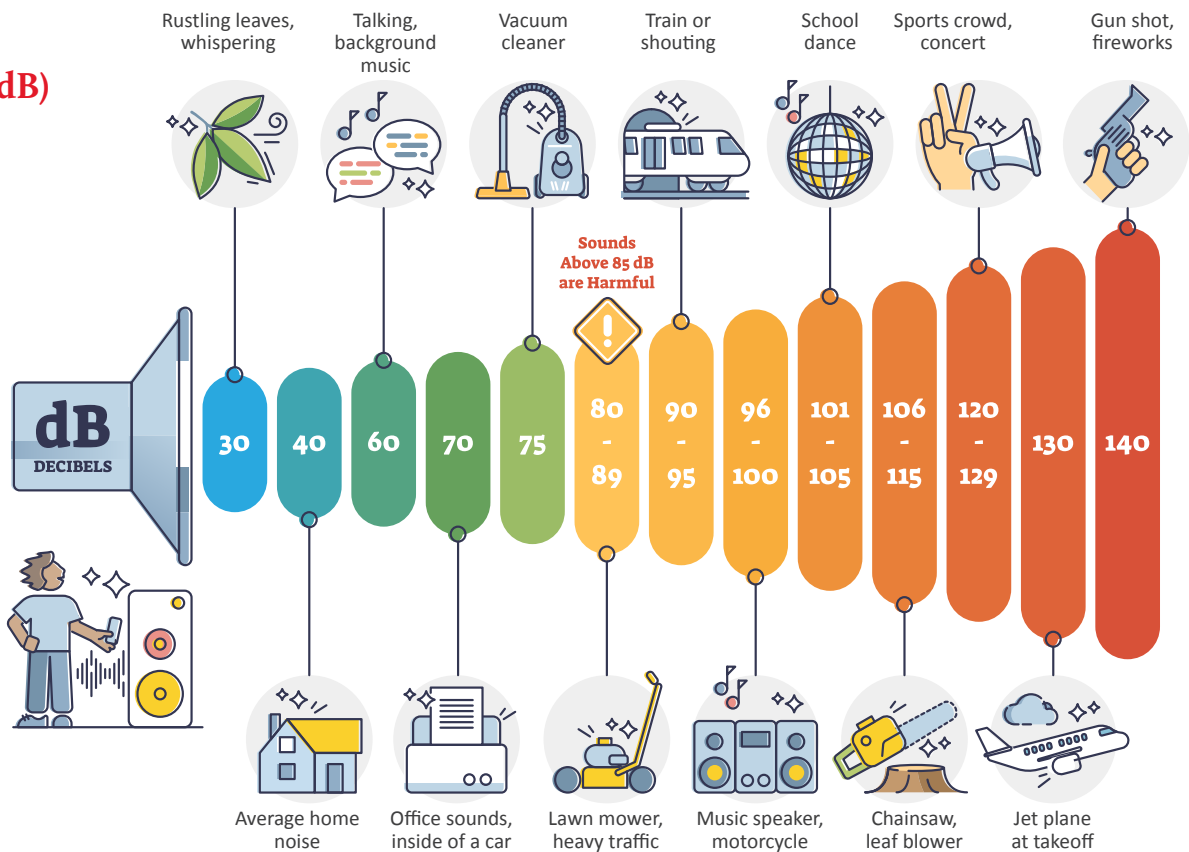


Safe Listening Levels

How do I measure how loud sounds are?

Search “sound level meter” in the app store and download an app!

What do decibels (dB) mean?



How long is it safe to listen to a loud sound without noise protection?

Please keep in mind that noise levels can fluctuate and these values are based off of averages.

Safe for	Sound Level
8 hours	85 dB
4 hours	87 dB
2 hours	91 dB
1 hour	94 dB
30 minutes	97 dB
15 minutes	100 dB

Types of Noise Protection

Earmuffs

- Good for all ages—newborn to adult
- Easy to wear
- Reusable



Earplugs

- Ages 4 and up
- Choking hazard
- Follow package directions for correct insertion
- 1 time use



Custom Noise Protection

- Made by a hearing professional
- Reusable



Texas Children's
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