

Hearing Protection

Body & health

How loud is too loud, and how quickly damage occurs.

Safe exposure time falls sharply as level rises.

Sound	dB	Safe time
Conversation	60	Unlimited
Busy traffic	80	~25 hours
Motorbike	95	~50 minutes
Nightclub	100	~15 minutes
Concert front row	110	~90 seconds
Jet engine, close	130	Immediate damage

Decibels are logarithmic: every 3 dB doubles the energy and halves the safe exposure time.