



Faint 20 dB <i>Leaves rustling</i>	Loud 70 dB <i>Traffic</i>	Very Loud 90 dB <i>Power tools</i>	Painful 130 dB <i>Ambulance</i>
Soft 30 dB <i>Whisper</i> 40 dB <i>Quiet library</i>	80 dB <i>Alarm Clock</i> Over 85 dB for extended periods of time can cause permanent hearing loss!	100 dB <i>MP3 Players</i> 110 dB <i>Sporting Events</i>	140 dB <i>Fireworks/Guns</i> Avoid exposure to the loudest sounds, or use hearing protection!
Moderate 60 dB <i>Conversation</i>		Uncomfortable 120 dB <i>Dance Clubs</i>	

Protect your Hearing with Earplugs

- x A Noise Reduction Rating (NRR) is the measure, in dB, of how well a hearing protector reduces noise. The higher the number, the greater the noise reduction.
- x Foam earplugs are disposable and can be purchased at your local drugstore. The average NRR is 20-30 dB, which provides an overall reduction of all sounds.
- x Earplugs can also be customized to fit your individual ear. These offer a more comfortable and secure fit for a more effective NRR, and they last much longer.