

**Sound Points of Reference**  
 (\*measured in dBA or decibels)

- 0 The softest sound a person can hear with normal hearing
- 10 normal breathing
- 20 whispering at 5 feet
- 30 soft whisper
- 50 rainfall
- 60 normal conversation
- 110 shouting in ear
- 120 thunder

**Home**

- 50 refrigerator
- 50 - 60 electric toothbrush
- 50 - 75 washing machine
- 50 - 75 air conditioner
- 50 - 80 electric shaver
- 55 coffee percolator
- 55 - 70 dishwasher
- 60 sewing machine
- 60 - 85 vacuum cleaner
- 60 - 95 hair dryer
- 65 - 80 alarm clock
- 70 TV audio
- 70 - 80 coffee grinder
- 70 - 95 garbage disposal
- 75 - 85 flush toilet
- 80 pop-up toaster
- 80 doorbell
- 80 ringing telephone
- 80 whistling kettle
- 80 - 90 food mixer or processor
- 80 - 90 blender
- 80 - 95 garbage disposal
- 110 baby crying
- 110 squeaky toy held close to the ear
- 135 noisy squeeze toys

**Work**

- 40 quiet office, library
- 65 - 95 power lawn mower
- 80 manual machine, tools
- 85 handsaw
- 90 tractor
- 90 - 115 subway
- 95 electric drill
- 100 factory machinery
- 100 woodworking class
- 105 snow blower
- 110 power saw
- 110 leaf blower
- 120 chain saw, hammer on nail
- 120 pneumatic drills, heavy machine
- 120 jet plane 120 ambulance siren
- 125 chain saw
- 130 power drill
- 130 air raid
- 130 percussion section at symphony
- 140 airplane taking off
- 150 jet engine taking off
- 150 artillery fire at 500 feet
- 180 rocket launch

**Recreation**

- 40 quiet residential area
- 70 freeway traffic
- 85 heavy traffic, noisy restaurant
- 90 truck, shouted conversation
- 95 - 110 motorcycle
- 100 snowmobile
- 100 school dance, boom box
- 110 disco
- 110 busy video arcade
- 110 symphony concert
- 110 car horn
- 110-120 rock concert
- 112 personal cassette player on high
- 117 football game (stadium)
- 120 band concert
- 125 auto stereo (factory installed)
- 130 stock car races
- 143 bicycle horn
- 150 firecracker
- 156 cap gun
- 157 balloon pop
- 162 fireworks (at 3 feet)
- 163 rifle
- 166 handgun

