

LISTEN UP!

The sound levels of some things you interact with every day may surprise you.

You're exposed to all of these sounds—and more—on a daily basis. We want to help put things in perspective.

WAKE UP

6:30AM



MORNING ROUTINE

7:00AM–8:15AM

70–80 dB



65–80 dB



80–90 dB

110 dB



WORK COMMUTE

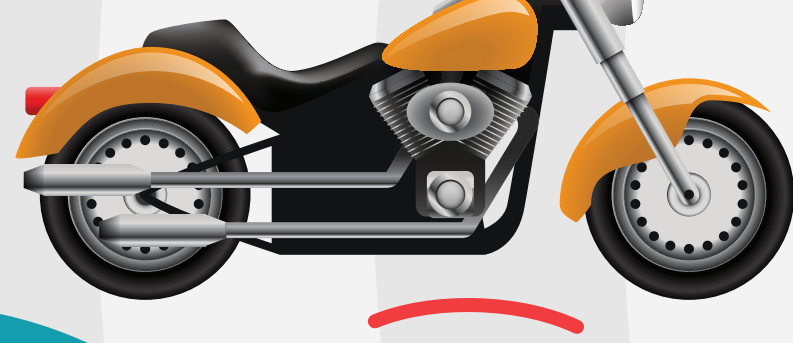
8:15AM–9:00AM



85 dB



90–115 dB



95–110 dB

110 dB



IN THE OFFICE

9:00AM–5:00PM

80 dB



75–85 dB

65–75 dB

Operational sound level



EVENING ROUTINE

6:00PM–10:00PM



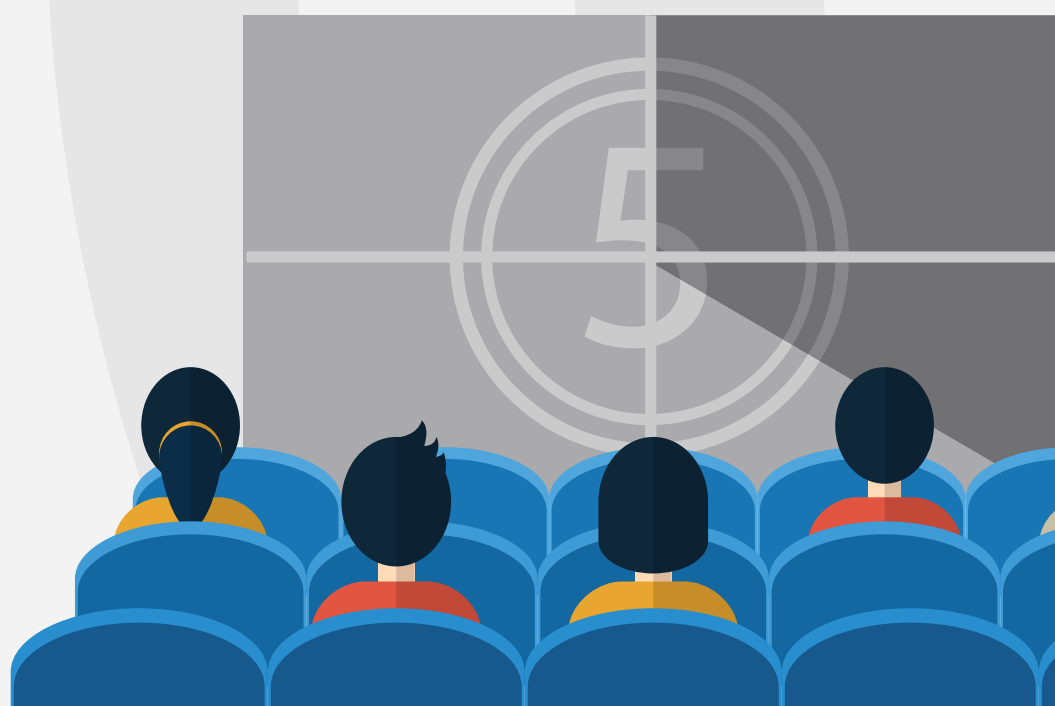
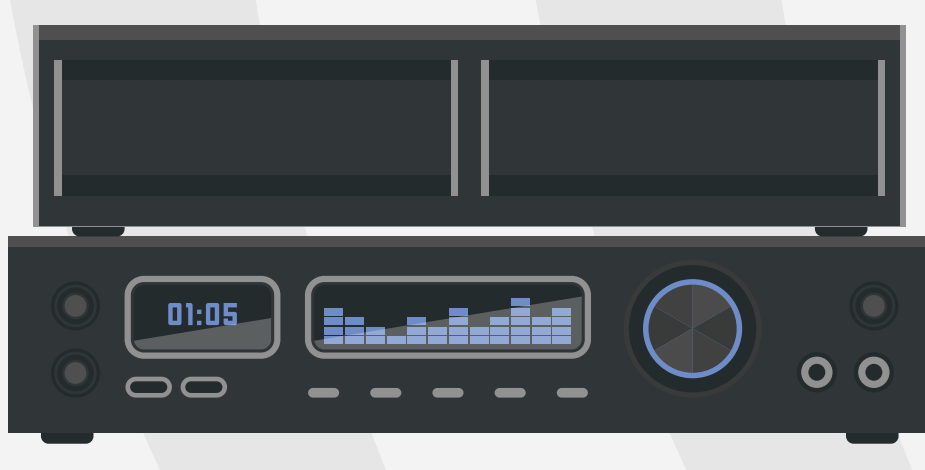
70 dB

90 dB

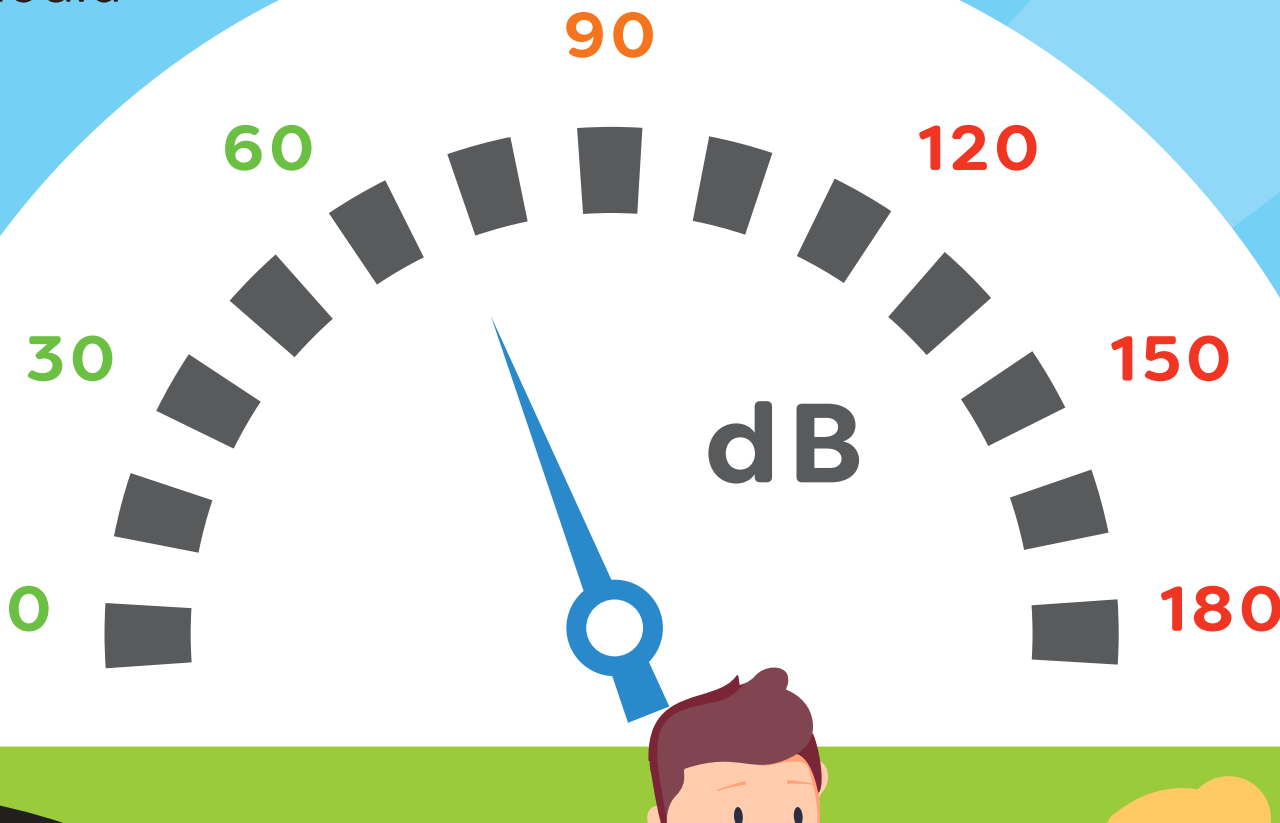


72 dB

105–110 dB



The volume of sound is measured in units called decibels (dB). Sounds at or below 70 dB are generally considered safe. Short exposures of seconds, minutes or even hours to sounds louder than this should not be of a concern. If you are exposed to loud sounds on a regular basis, however, hearing protection is recommended.



CDC and CHC maximum exposure time at 85 dB is 8 hours

CDC reports a safe duration of 100 dB at 15 minutes per day

SOURCES:

CDC (Centers for Disease Control and Prevention)
https://www.cdc.gov/nceh/hearing_loss/what_noises_cause_hearing_loss.html

CHC (Center for Hearing and Communication)
<https://chcheating.org/noise/common-environmental-noise-levels/>

DON'T BELIEVE THE NOISE.

Reach out to hear more about Excel Dryer's adjustable sounds options.