

Noise-induced hearing loss

How much time can you spend in different sound levels without wearing hearing protection?

Possible instant hearing damage

130

120

110

100

90

80

Decibels (db)

Safety threshold

Instrument/Situation

Average sound level*

Time until risking hearing damage

Marching band, Drums, Guitar amp

115 dB

< 15 seconds

Drumline

110 dB

< 30 seconds

Concert band

106 dB

< 1 minute

(Rock) concert (visitor)

103 dB

< 2 minutes

Symphony

100 dB

< 4 minutes

Orchestra pit

94 dB

< 15 minutes

Copper, Horns

88 dB

< 1 hour

Timpani, Percussion

85 dB

< 3 hours

Flute/Clarinet/Viola (back of orchestra)

84 dB

< 4 hours

Oboe, Bassoon

83 dB

4 hours

Harp, Second violin/Cello (back of orchestra)

82 dB

< 5 hours

Cymbal, First violin (back of orchestra)

81 dB

< 6 hours

Cello/Viola/Second violin (front of orchestra)

80 dB

8 hours

First violin (front of orchestra)

79 dB

8 hours

* these sound levels are average levels. Depending on the music and/or placement of the person, the sound levels may vary and spike.

Enjoy the music, control the sound!

Plugggerz earplugs Music Custom-Fit are customised earplugs with a filter which attenuates harmful noise to a safe level, suitable for festivals, concerts and musicians.

Available in more than 20 colours, different materials and with different filters, you can customise the earplugs to fit your needs.

Protect your hearing (and your music career)!



Plugggerz earplugs
Music 2-in-1 Custom-Fit



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