

# Appendix F.1

**Dangerous Decibels®**

**Turn It Down**

**Protect Your Ears**

**Walk Away**

**SOUND**

How many decibels?\*

How much time before damage?

**Dangerous Decibels®**

\* Decibels are approximations according to NIOSH standards using dB(A) time weighted averages.

[www.dangerousdecibels.org](http://www.dangerousdecibels.org)

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Dangerous Decibels® - Oregon Health & Science University, Portland, Oregon

# Appendix F.2

