## DECIBEL CHART

<table>
<thead>
<tr>
<th>Decibel (dB)</th>
<th>Sound Source</th>
<th>Time Risk</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>140 dB</strong></td>
<td>Gunshot, jet engine at takeoff</td>
<td>Immediate risk to hearing</td>
</tr>
<tr>
<td><strong>125 dB</strong></td>
<td>Air raid siren, firecracker</td>
<td>Pain threshold, immediate risk of hearing damage</td>
</tr>
<tr>
<td><strong>120 dB</strong></td>
<td>Rock concert, sandblasting</td>
<td>Risk of hearing damage in 7 minutes</td>
</tr>
<tr>
<td><strong>115 dB</strong></td>
<td>Baby’s cry, jet ski</td>
<td>Risk of hearing damage in 15 minutes</td>
</tr>
<tr>
<td><strong>110 dB</strong></td>
<td>Snowmobile (from driver’s seat)</td>
<td>Risk of hearing damage in 30 minutes</td>
</tr>
<tr>
<td><strong>105 dB</strong></td>
<td>Jackhammer, helicopter</td>
<td>Risk of hearing damage in 1 hour</td>
</tr>
<tr>
<td><strong>100 dB</strong></td>
<td>Chain saw, stereo headphones</td>
<td>Risk of hearing damage in 2 hours</td>
</tr>
<tr>
<td><strong>95 dB</strong></td>
<td>Motorcycle, power saw</td>
<td>Risk of hearing damage in 4 hours</td>
</tr>
<tr>
<td><strong>90 dB</strong></td>
<td>Lawn mower, truck traffic</td>
<td>Risk of hearing damage in 8 hours</td>
</tr>
<tr>
<td><strong>85 dB</strong></td>
<td>Threshold for risk of hearing damage</td>
<td></td>
</tr>
<tr>
<td><strong>70 dB</strong></td>
<td>Busy traffic, vacuum cleaner</td>
<td></td>
</tr>
<tr>
<td><strong>60 dB</strong></td>
<td>Conversation, dishwasher</td>
<td></td>
</tr>
<tr>
<td><strong>40 dB</strong></td>
<td>Quiet room</td>
<td></td>
</tr>
</tbody>
</table>

Source: American Academy of Audiology

dB SPL is a measurement of sound pressure level in decibels.
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Hearing instruments help many people hear better, but no hearing instrument can solve every hearing problem nor restore normal hearing.

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Read the QR code with the QR code reader on your smart phone

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Part #SH201437 3/14 1.0 22B771 200 SHI/14812-14
Siemens custom hearing protection.

Designed for the way you live.

Life sounds brilliant.
Sound affects our hearing.

While we are surrounded by sounds everyday, we don’t often consider that some of these sounds could be loud enough to cause noise-induced hearing loss (NIHL).

According to the Hearing Health Foundation, when we are exposed to harmful noise that is either too loud and/or that lasts a long time – sensitive structures in our inner ear can be damaged, causing noise-induced hearing loss (NIHL).

What sounds cause NIHL?

NIHL can be caused by a one-time exposure to an intense “impulse” sound, such as an explosion, or by continuous exposure to loud sounds over an extended period of time, such as noise generated at a rock concert or loud sports event.

The loudness of sound is measured in units called decibels. For example, the humming of a refrigerator is 40 decibels, normal conversation is approximately 60 decibels, and city traffic noise can be 85 decibels. Long or repeated exposure to sounds at or above 85 decibels can cause hearing loss.

It is also important to be aware of the distance from the source of the sound and duration of exposure to the sound avoiding noises that are too loud, that last too long, or that are too close.
Siemens – over 130 years of hearing care experience.

The history of Siemens Hearing Instruments is a story about caring for family and employees. Over 130 years ago, founder Werner von Siemens invented the first hearing instrument in 1878 for his hearing-impaired wife.

Today, nearly 50 million Americans suffer from hearing loss and 30 million are exposed to hazardous noise every day according to the Better Hearing Institute. Protecting your hearing health and helping you hear better are Siemens’ number one priorities. That’s why 1 in 5 hearing instruments worn worldwide is a Siemens.

Now, in addition to offering some of the most advanced hearing instruments in the industry, we are introducing hearing protection for swimmers, hunters, and musicians & music lovers.

Siemens Hearing Protection is custom-fit to your ear using your ear impression. This ear impression is scanned into our 3D modeling software, enabling a precise and snug fit. Siemens hearing protection comes in a wide variety of styles and colors.
Swim protection
Protect sensitive ears from water.

Siemens swim protection provides a tight and custom fit so it can protect sensitive ears from irritation or infection caused by water in the ears.

It is perfect for ears of any age, from young children who have ear tubes, or adults who need ear protection during activities involving water such as swimming, boating, diving, or simply taking a shower.

Fluorescent colors:

- Red
- Orange
- Magenta
- Blue
- Yellow
- Green
Hunting / high-decibel protection
Protect your ears while shooting – at the range or while hunting.

A simple gunshot registers at 140 decibels which is significant enough to cause permanent hearing loss. Siemens custom hearing protection for hunting and high-decibel noise is specifically designed for these transient types of sounds. They are custom-made to fit your ear so they offer maximum protection from loud, harmful sounds and the sudden “impulse noise” coming from a gun.

There are many other sounds that can cause damage to your ears. For example, an active snowmobile registers at 110 decibels, a jet ski at 115 decibels, even heavy traffic registers at 85 decibels. Prolonged exposure to these types of noises can cause gradual and sometimes permanent hearing loss. Hearing protection is also beneficial in these situations.

Hunting, high-decibel, and music protection colors:
- Clear transparent
- Reddish transparent
- Dark Brown transparent
- Red opaque
- Orange opaque
- Pink opaque
- Lilac opaque
Musician & music-lover protection
Small and discreet with natural sound quality.

Now you can protect your hearing while enjoying music as a spectator or a musician in a band.

Siemens hearing protection for musicians and music lovers allows you to enjoy all the highs and lows, bass and treble associated with making and listening to all kinds of music using a special filter that lets you hear the music while protecting your hearing. Enjoy rock concerts, heavy metal music, and sports events at a reduced level without losing sound quality.