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Subject: Is it true you can damage your hearing if ya exposed to over 90 db  
Posted by [Rudi](#) on Sat, 26 Jan 2002 23:31:53 GMT

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I was told you can damage your hearing if exposure to low levels, is prolonged. 99 db is 1 hour max 102 db is 30 minutes max 105 db is 15 minutes max 108 db is 7.5 minutes max 111 db is 3.75 minutes max the resulting damage from over-exposure is not immediately apparent as it affects only the higher frequencies. Victims can hear low pitched sounds as well as before, but lose the highs.

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