Occupational Noise Exposure Calculator

Description

Results:

UK Limit	Your Result	Explanation
Lower Exposure Action Values: 80 dB(A) daily/weekly, 135 dB(C) peak		If your daily noise exposure reaches this level, your employer must assess the risk to your health and take appropriate preventative and protective actions.
Upper Exposure Action Values: 85 dB(A) daily/weekly, 137 dB(C) peak		If your weekly noise exposure reaches this level, your employer must provide hearing protection and designate hearing protection zones.
Exposure Limit Values: 87 dB(A) daily/weekly, 140 dB(C) peak		If your annual noise exposure reaches this level, it exceeds the maximum allowable levels of noise exposure. These values take into account any reduction in exposure provided by hearing protection.
Safe Level: 70 dB(A) or below		Sounds at or below this level are generally considered safe. If your risk level is ‘High’, you may be exposed to noise levels that could be harmful.

What is an occupational noise exposure calculator?

An occupational noise exposure calculator is a valuable tool used to assess and estimate an individualâ??s exposure to workplace noise. It helps determine the potential risk of hearing damage based on factors such as sound levels and duration of exposure. These calculators consider daily or weekly noise exposure and may also account for the effectiveness of hearing protection. By using an occupational noise exposure calculator, employers and workers can make informed decisions to protect hearing health in noisy work environments.

What factors are considered in an occupational noise exposure calculator?

An occupational noise exposure calculator takes into account the following factors:

Sound Level (dB): The average sound level in decibels (dB) to which a worker is exposed. This measurement is typically obtained using a sound level meter.
Exposure Time (Hours/Day): The total duration during which a worker is exposed to noise throughout a workday.
Work Days/Week: The number of days per week that the worker experiences noise exposure12.

How often should I use an occupational noise exposure calculator?

Use the occupational noise exposure calculator whenever there are changes in noise levels or work conditions. Regular assessments help monitor exposure and ensure compliance with safety standards.

What are the recommended noise exposure limits in occupational settings?

The Control of Noise at Work Regulations 2005 (the Noise Regulations) came into force for all industry sectors in Great Britain on 6 April 2006 (except for the music and entertainment sectors where they came into force on 6 April 2008). These regulations aim to protect workersâ?? hearing from excessive noise exposure at their place of work, which could lead to hearing loss or tinnitus (permanent ringing in the ears).

Here are the key exposure limit values specified by the Noise Regulations:

Lower Exposure Action Values:
Daily or weekly exposure: 80 dB(A)
Peak sound pressure: 135 dB(C)

Upper Exposure Action Values:
Daily or weekly exposure: 85 dB(A)
Peak sound pressure: 137 dB(C)

Additionally, there is anÂ **exposure limit value**Â of 87 dB(A), taking into account any reduction in exposure provided by hearing protection.Â Above this value, workers must not be exposed.

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