**Appendix B**

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| **Equivalent Noise Exposure Limits** |

The decibel scale is logarithmic. On this scale, an increase of 3 dB therefore represents a doubling (or twice as much) sound energy. This means that the length of time a worker could be exposed to the noise is reduced by half for every 3 dB increase in noise level if the same noise energy is to be received.

Table 1 below is taken from the National Code of Practice - Managing noise and preventing hearing loss at work (December 2011). It demonstrates the length of time a person without hearing protectors can be exposed before the standard is exceeded.

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| Table 1: Equivalent Noise Exposures  LAeq,8h = 85 dB(A) | |
| Noise Level dB(A) | Exposure Time |
| 80 | 16 hours1 |
| 82 | 12hours1 |
| 85 | 8 hours |
| 88 | 4 hours |
| 91 | 2 hours |
| 94 | 1 hour |
| 97 | 30 minutes |
| 100 | 15 minutes |
| 103 | 7.5 minutes |
| 106 | 3.8 minutes |
| 109 | 1.9 minutes |
| 112 | 57 seconds |
| 115 | 28.8 seconds |
| 118 | 14.4 seconds |
| 121 | 7.2 seconds |
| 124 | 3.6 seconds |
| 127 | 1.8 seconds |
| 130 | 0.9 seconds |

1 The adjustment factor for extended work shifts shown in Table 3 of the Code is taken into account.

NOTE:

Shift durations of 10 hours or longer involve a degree of risk greater than that indicated by the 8 hour measurement LAeq,8h.

This increase in risk arises because of the additional damaging effect of continuous exposure to noise after 10 hours.

The risk may be further increased if there is reduced recovery time between successive shifts.