

# Hearing Protection

*This Everyday Safety Tailgate Talk was originally published as part of the August 2017 training series "The Safety Pins" by Phillip E. Spiezio, Safety Officer and provided to CLRP by the Washington County, NY Office of the Safety Officer*

Noise can be controlled by various measures including installing equipment and systems that have been engineered, designed, and built to operate quietly; by enclosing or shielding noisy equipment; by making certain that equipment is in good repair and properly maintained with all worn or unbalanced parts replaced; by mounting noisy equipment on special mounts to reduce vibration; and by installing silencers, mufflers, or baffles.



When employees are subjected to sound exceeding those listed the table below, feasible administrative or engineering controls should be utilized. If such controls fail to reduce sound to acceptable levels, personal protective equipment should be provided and used to reduce sound to within the levels of the table below.

Duration per day, hours	Sound level dBA slow response
8.....	90
6.....	92
4.....	95
3.....	97
2.....	100
1 1/2 .....	102
1.....	105
1/2 .....	110
1/4 or less.....	115

## Noise Level Chart

A noise level chart showing examples of sounds with dB levels ranging from 0 to 180 decibels.

*Information is courtesy of noisehelp.com*

dBA	Example	Home & Yard Appliances	Workshop & Construction
0	healthy threshold		
10	a pin dropping		
20	rustling leaves		
30	whisper		
40	babbling brook	computer	
50	light traffic	refrigerator	
60	regular speech	air conditioner	
70	shower	dishwasher	
75	toilet flushing	vacuum cleaner	
80	alarm clock	garbage disposal	
85	passing diesel truck	snow blower	
90	squeeze toy	lawn mower	arc welder
95	inside subway car	food processor	belt sander
100	motorcycle (riding)		handheld drill
105	sporting event		table saw
110	rock band		jackhammer
115	emergency siren		riveter
120	thunderclap		oxygen torch
125	balloon popping		chain saw
130	peak stadium noise		
135	air raid siren		
140	jet engine at takeoff		
145	firecracker		
150	fighter jet launch		
155	cap gun		
160	shotgun		
165	.357 revolver		
170	safety airbag		
175	howitzer cannon		
180	rocket launch		
194	sound waves become shock waves		

**Action Item:**

**Related Topics:**

**Resources and References:**

See OSHA [Regulation 1910.95](#) for more information

OSHA Noise Fact Sheet

<https://www.osha.gov/Publications/laboratory/OSHAfactsheet-laboratory-safety-noise.pdf>

