

Hearing Protection

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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 |
|-------------------------|-------------------------------|
| ③ 8..... | 90 |
| ③ 6..... | 92 |
| ③ 4..... | 95 |
| ③ 3..... | 97 |
| ③ 2..... | 100 |
| ③ 1 1/2 | 102 |
| ③ 1..... | 105 |
| ③ 1/2 | 110 |
| ③ 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

| dB(A) | 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>

Date: ____/____/____

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