



Noise—how loud is it?

This guide lists average noise exposure levels for various construction jobs and lists recommended hearing protection devices for those exposure levels. **Note:** An individual worker's exposures may vary from these exposures.

Noise-induced hearing loss results from a combination of high sound levels and extended periods of exposure to sounds above 85 dBA.

Protect your hearing when performing these jobs.

Noise exposure levels

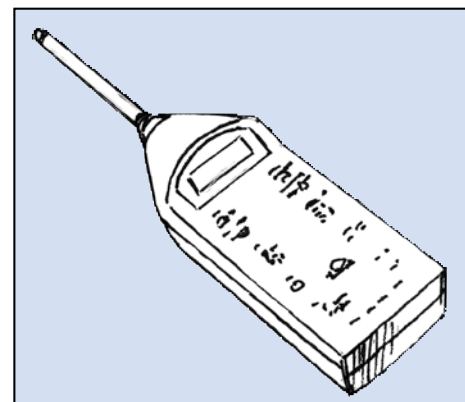
These are all eight-hour (or equivalent) exposures.

Construction job	Noise level (dBA)
Carpenter, Framers	91
Concrete worker	92
Crane operator	90
Drywaller	89
Electrician	89
Ironworker	93
Jackhammer operator	97
Labourer	93
Mobile equipment operator	91
Roofer	88
Truck driver	88
Welder	92

Hearing protection devices (HPD)

Hearing protection should be selected based on

- Noise exposure
- Communication demands
- Hearing ability
- Use of personal protective devices
- Temperature and climate
- Physical characteristics of the job or worker



An integrating sound level meter averages noise levels over time.

Recommended HPD for various noise levels

Noise level	Recommended HPD
Less than 90 dBA	Class C, Grade 1
Less than 95 dBA	Class B, Grade 2
Less than 100 dBA	Class A, Grade 3
Less than 110 dBA	Earplugs + earmuffs

Project: _____ Address: _____

Employer: _____ Supervisor: _____

Date: _____ Time: _____ Shift: _____

Number in crew: _____ Number attending: _____

Other safety issues or suggestions made by crew members:

Record of those attending:

Name: (please print)	Signature:	Company:
1.		
2.		
3.		
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15.		

Manager's remarks: _____

Manager: _____ Supervisor: _____

(signature)

(signature)



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