



Noise exposure ready-reckoner (Daily exposure)

Sound pressure level, L_{Aeq} (dB(A))	Duration of exposure										Daily noise exposure $L_{EP,d}$ (dB(A))
	2 min	5 min	15 min	30 min	1 h	2 h	4 h	8 h	10 h	12 h	
120	1300										320000
110	130	330	1000	2000							32000
105	42	105	315	625	1250						10000
100	13	34	100	200	395	790	1600				3200
98	8	22	60	125	250	500	1000	2000			2000
97	7	17	50	100	200	395	790	1600	2000		1600
95	4	10	32	65	125	250	500	1000	1250	1500	1000
94		8	26	50	100	200	395	790	1000	1200	790
93		7	20	40	80	160	315	630	790	950	630
92		5	16	32	65	125	250	500	625	750	500
91		4	12	26	50	100	200	400	500	595	400
90			10	20	40	80	160	315	395	475	315
89			8	16	32	65	125	250	315	375	250
88			6	12	26	50	100	200	250	300	200
87			5	10	20	40	80	160	200	240	160
86			4	8	16	32	65	125	155	190	125
85				6	13	26	50	100	125	150	100
84				5	10	20	40	80	100	120	80
83				4	8	16	32	65	80	95	65
82					6	13	26	50	65	75	50
81					5	10	20	40	50	60	40
80					4	8	16	32	40	48	32
79						6	13	26	32	38	26
78						5	10	20	26	30	20
75							5	10	13	15	10

	Above upper exposure action value ($L_{EP,d}$ 85 dB(A))
	Above lower exposure action value ($L_{EP,d}$ 80 dB(A))
	Below lower exposure action value ($L_{EP,d}$ 80 dB(A))

Instructions:

- For each task or period of noise exposure in the working day look up in the table on the left the exposure points corresponding to the sound pressure level and duration (e.g. exposure to 93 dB for 1 hour gives 80 exposure points);
- Add up the points for each task or period to give total exposure points for the day;
- Look up in the table on the right the total exposure points to find the corresponding daily noise exposure (e.g. a total exposure points for the day of 280 points gives a daily noise exposure of between 89 and 90 dB).