

Noise exposure ready-reckoner (Weekly exposure)

		Daily exposure points							Weekly noise exposure $L_{EP,W}$ (dB(A))	
		Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7		
Daily noise exposure $L_{EP,d}$ (dB(A))	95	1000	1000	1000	1000	1000	1000	1000	5000	95
	94	790	790	790	790	790	790	790	4000	94
	93	630	630	630	630	630	630	630	3200	93
	92	500	500	500	500	500	500	500	2500	92
	91	400	400	400	400	400	400	400	2000	91
	90	315	315	315	315	315	315	315	1600	90
	89	250	250	250	250	250	250	250	1250	89
	88	200	200	200	200	200	200	200	1000	88
	87	160	160	160	160	160	160	160	790	87
	86	125	125	125	125	125	125	125	630	86
	85	100	100	100	100	100	100	100	500	85
	84	80	80	80	80	80	80	80	395	84
	83	65	65	65	65	65	65	65	315	83
	82	50	50	50	50	50	50	50	250	82
	81	40	40	40	40	40	40	40	200	81
	80	32	32	32	32	32	32	32	160	80
	79	26	26	26	26	26	26	26	125	79
78	20	20	20	20	20	20	20	100	78	

Weekly total exposure points (sum of points from daily exposure component)

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

Instructions:

- For each working day in the week look up in the table on the left the exposure points corresponding to that day's noise exposure (e.g. a noise exposure on Day 1 of 90 dB gives 315 points);
- Add up the points for each day worked to give total exposure points for the week;
- Look up in the table on the right the total exposure points to find the corresponding weekly noise exposure (e.g. a total exposure points for the week of 2000 points gives a weekly noise exposure of 91 dB).