



Noise exposure ready-reckoner (Daily exposure)

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

	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).