



Hearing Protection

Government regulations put into place by OSHA state the maximum amount of occupational noise exposure one may endure in the course of a work day.

A worker shall not be exposed to a noise level of 85dB for more than 8 hours continuously. This noise level can increase or decrease as the length of exposure decreases or increases respectively.

See 29 CFR 1910.95, Occupational Noise Exposure at www.osha.gov

The illustration on the next page shows examples of sounds and their decible levels. The sound waves created at each decible level exert a certain pressure on the eardrum to create sound. If the pressure becomes too high the eardrum can rupture.





Hearing Protection (cont.)

