



ARCO SAFE TOOL BOX TALKS

Personal Protective Equipment – Noise



Noise on construction sites is recognized by medical professionals and OSHA as occupational hazards that can cause temporary or permanent hearing loss, stress, and other physical problems. The regulation is found under 29 CFR 1926.52.

Noise is measured by frequency (high or low pitch) and intensity (Loudness measured in decibels (dB)). High frequencies are the most damaging.

Noise is divided into three types:

1. **Wide band**
 - Wide frequency range (i.e. engines)
2. **Narrow band**
 - Narrow frequency range (i.e. power tools and saws)
3. **Impulse**
 - Temporary “beating” (i.e. Jack hammer)

Engineering and administrative controls are good methods for minimizing worker exposure to noise. **These include:**

- Setting up noisy machinery away from as many workers as possible
- Placing machines on anti-vibration mountings
- Arranging work schedules so that each worker spends less time in noisy areas

Permissible Noise Exposure (PNE) is the duration per day a person can work at a certain sound dBA level. **These limits are as follows:**

Permissible Noise Exposures

Duration per day, in hours	Sound level in dB*
8	90
6	92
4	95
3	97
2	100
1 1/2	102
1	105
1/2	110
1/4 or less	115