



How Loud Is It? Construction

Here are some average construction noise levels. Note: individual worker's exposures may vary from these exposures. Noise-induced hearing loss results from a combination of high sound levels and extended periods of exposure to sounds above **85 dBA**.

Protect your hearing when performing these jobs.

1. Noise Exposure Levels

These are all 8 hour (or equivalent) exposures

2. Hearing Protection Devices

Hearing protection should be selected based on:

- noise exposure
- communication demands
- hearing ability
- use of other personal protective devices
- temperature and climate
- physical characteristics of the job or worker

Noise Level Recommended HPD

Less than 90 dBA.Class C, Grade 1	
Less than 95Class B, Grade 2	
Less than 100Class A, Grade 3	
Less than 105Class A, Grade 4	
Less than 110 Earplugs+Earmuff	S

