

# Hearing Conservation

## What is Noise?

Noise is unwanted sound of sufficient intensity to damage hearing.

The measurement of noise or sound is related to pressure, frequency, and duration.

It is commonly measured in units called decibel (dB).

## Noise Hazards

The NIOSH Recommended Exposure Limit (REL) for occupational noise exposure is 85 dBA/TWA. Exposures at or above this level are considered hazardous. Noise related hearing loss is one of the most common occupational health issues.

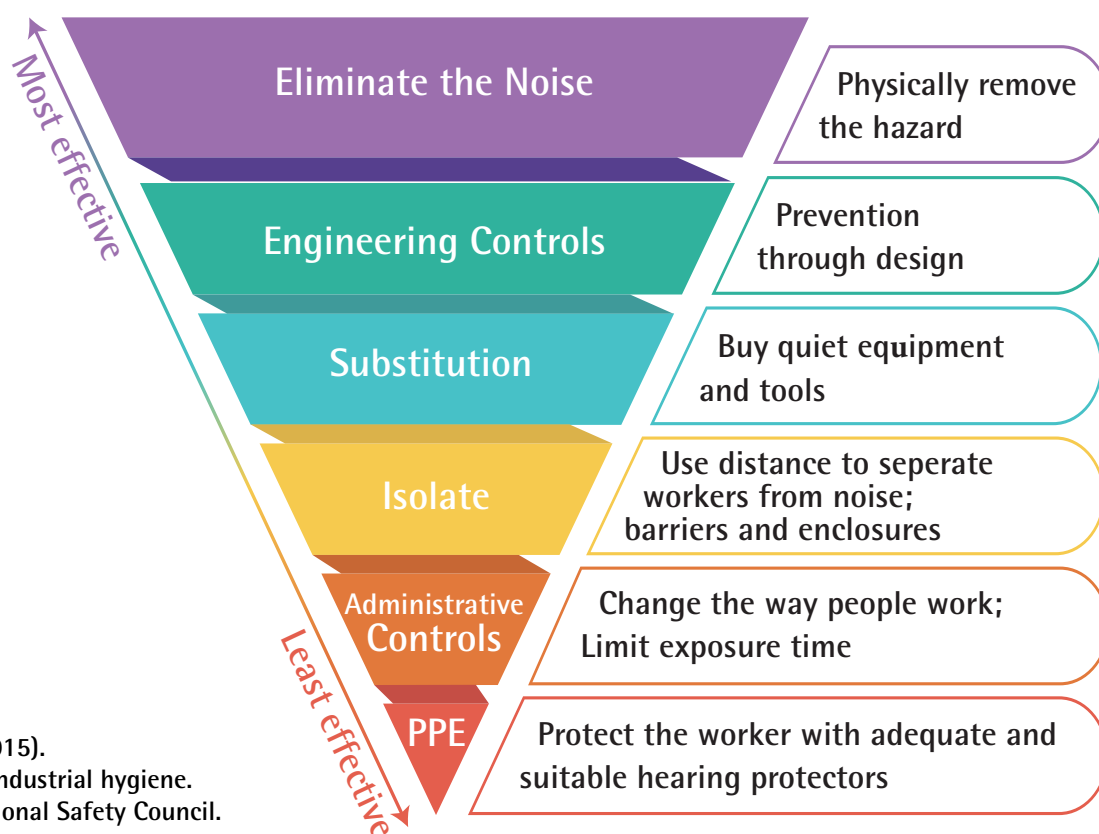
Exposure to workplace noise hazards (high noise levels) can cause permanent hearing loss.

In addition to hearing damage, noise hazard can;

- Create physical and psychological stress
- Reduce productivity
- Interfere with communication and concentration
- Contribute to workplace accidents and injuries by making it difficult to hear warning signals.



## Noise Controls



### References

Fuller, T. P. (2015).  
Essentials of industrial hygiene.  
Itasca, IL: National Safety Council.