



SonoLab
SOUND SOLUTIONS

10 things every
Health & Safety
professional needs
to know about Noise
Induced Hearing Loss

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- 1** Sound energy doubles every 3dB. This means 88dB is twice as loud as 85 dB. Failure to calculate this contributes to workplace noise-induced hearing loss (NIHL).
- 2** Permissible exposure time is cut in half for every 3dBs over 85dBs, so it is vital to maintain regular checks on both noise levels and exposure time.
- 3** On a construction site permissible exposure time is under two minutes (with average continuous noise levels of 109dB).
- 4** If you have to raise your voice to speak to someone two metres away from you, it is likely the noise levels in your workplace exceed regulations.
- 5** NIHL is now the number one industrial injury claim in the UK.
 - a.** Claims can be as high as £40,000 for an individual case
 - b.** There is a growing trend of 'jumping on the bandwagon' by colleagues of claimants.
- 6** Despite what most people think, it is possible to prove levels of noise protection. Most tests are subjective and may not stand up in court, but not all... [read more](#)
- 7** Workplace culture improves when greater attention is paid to noise protection. Most people see earphones or plugs as a necessary evil and take them for granted.
- 8** Disposable earplugs are deceptively expensive and create environmental waste. The average annual cost for one user over a single year (250 days) is £112.50, and contributes 1500 items to environmental waste... [read more](#)
- 9** Workers are protected most effectively by custom-moulded earplugs but most health and safety managers disregard them as being too expensive and difficult to organise.
- 10** Custom-moulded earplugs can be made on site from start to finish in just six minutes and can cost less than disposables over time.