Daily noise exposure record

Site: AUDIT Site 1 · Worked out by: AUDIT Assessor · Date: 2026-11-10

THE WORK	dB(A)	MINUTES	POINTS	WHERE THE LEVEL CAME FROM
AUDIT breaking out a concre…	92.0	240	251	estimated, not yet checked

89.0 dB(A) for the day — 251 points

At or above the UPPER action value (85 dB(A)) — reduce the noise so far as is reasonably practicable, hearing protection must be WORN, the area marked as a hearing protection zone, and health surveillance provided

This is unprotected exposure. The 87 dB(A) limit value applies at the ear, so hearing protection must bring it down by at least 2.0 dB. Check the protector's rating against HSE's hearing protection calculator — an unsuitable protector can also over-protect and cut a worker off from warnings.

Choosing hearing protection: HSE's guide points to protectors with a Single Number Rating (SNR) of 20 to 30 for the noisiest task (92 dB(A) while it lasts - the protector is chosen for the noise it is worn in, not for the day's average) — the figure printed on the packet. Do not over-shoot: a protector that puts the level at the ear below 70 dB cuts the wearer off from shouts and reversing alarms. A guide, not a check of any particular protector, and it does not hold for mostly low-frequency noise — generators, plant rooms.

HOW THIS WAS WORKED OUT

Each task's contribution is 10·log10(10^(L/10) × T/8h), and the day is 10·log10 of the sum of 10^(contribution/10) — energy added, then turned back into decibels: HSE's own arithmetic, taken from the cells of their noise exposure calculator. Noise adds on energy, not on decibels: the figures above cannot be added or averaged by hand and give this answer. Points are additive; 100 points is a full shift at 85 dB(A) and the scale doubles every 3 dB.

WHAT THIS RECORD DOES NOT SHOW

These are UNPROTECTED levels at the ear. The 87 dB(A) exposure limit value applies after hearing protection, so this record does not show whether the limit is met — that needs the protector's own data. Where a level is marked estimated or declared it has not been measured on this site, and HSE expects measurement where exposure is near the action values.

Signed | Print name | Date