

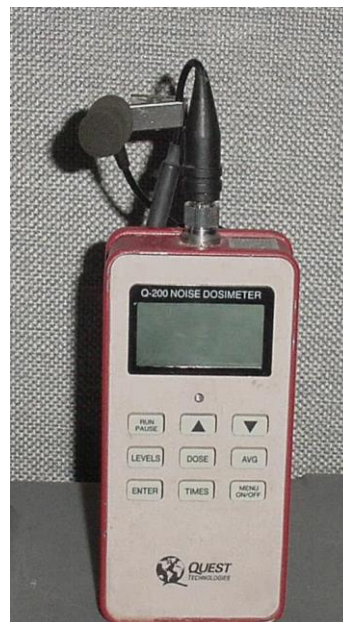
How to Measure a Worker's Exposure to Noise

Provincial regulations require that noise testing include personal monitoring. When performing personal noise monitoring, a small noise monitor is placed on the shoulder of a worker. As the worker goes about their normal duties, the noise level that the worker is exposed to is recorded. The words are not recorded – just the noise levels, in decibels (dBA). At the end of the shift, the data can be downloaded. In addition to the average noise level to which the worker was exposed, a graph of the noise level over time is often available.

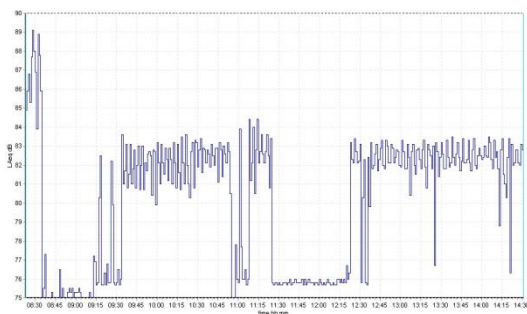


Noise Monitors.

Noise monitors are small devices that measure a worker's exposure to noise over the course of the day. Some are small devices that sit on the shoulder. Others are boxes worn at the waist with a cable that runs to a microphone that is clipped to the shoulder of the worker.



A noise survey should also evaluate any hearing protection that the workers are wearing. The hearing protection for each worker should be recorded and the effective exposure after allowing for their individual hearing protection should be included in the report. (See resource on derating of hearing protection).



To the left is a noise graph downloaded from a noise dosimeter. It shows the noise levels that the worker was exposed to over the course of the day. Such graphs can be useful to identify which parts of the day are the noisiest.