





U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Public Health Service
Centers for Disease Control and Prevention
National Institute for Occupational Safety and Health

CENTERS FOR DISEASE CONTROL
AND PREVENTION

$$D = [C_1/T_1 + C_2/T_2 + C_n/T_n] \times 100$$

where

 $C_{\rm n}$ = total time of exposure at a specified noise level, and $T_{\rm n}$ = exposure duration for which noise at this level becomes hazardous.

The daily dose can be converted into an 8-hr TWA according to the following formula (or as shown in Table 1-2):

$$TWA = 10.0 \times Log(D/100) + 85$$

Table 1-1. Combinations of noise exposure levels and durations that no worker exposure shall equal or exceed

Exposure level, L (dBA)	Duration, T				Duration, T		
	Hours	Minutes	Seconds	Exposure level, L (dBA)	Hours	Minutes	Seconds
80	25	24	_	106	_	3	45
81	20	10	_	107	_	2	59
82	16	_	_	108	_	2	22
83	12	42	_	109	_	1	53
84	10	5	_	110	_	1	29
85	8	_	_	111	_	1	11
86	6	21	_	112	_	_	56
87	5	2	_	113	_	_	45
88	4	_	_	114	_	_	35
89	3	10	_	115	_	_	28
90	2	31	_	116	_	_	22
91	2	_	_	117	_	_	18
92	1	35	_	118	_	_	14
93	1	16	_	119	_	_	11
94	1	_	_	120	_	_	9
95	_	47	37	121	_	_	7
96	_	37	48	122	_	_	6
97	_	30	_	123	_	_	4
98	_	23	49	124	_	_	3
99	_	18	59	125	_	_	3
100	_	15	_	126	_	_	2
101	_	11	54	127	_	_	1
102	_	9	27	128	_	_	1
103	_	7	30	129	_	_	1
104	_	5	57	130–140	_	_	<1
105	_	4	43	_	_	_	_