



CAUTION

eOHS

Entertainment Occupational Health & Safety

Ref: OB:006

ON BROADWAY DECIBEL **EXPOSURE** LIMITS

Maximum daily noise exposure before hearing damage risk increases

DURATION PER DAY	NIOSH REL Recommended limit	OSHA PEL Legal limit
8 hours	85 dBA	90 dBA
4 hours	88 dBA	95 dBA
2 hours	91 dBA	100 dBA
1 hour	94 dBA	105 dBA
30 minutes	97 dBA	110 dBA
15 minutes	100 dBA	115 dBA

NIOSH: 3 dB rule

Every 3 dBA increase cuts safe exposure time in half.

OSHA: 5 dB rule

Every 5 dBA increase cuts permissible exposure time in half.

Rule of thumb

If you must raise your voice to be heard at arm's length, it's likely over 85 dBA.

HEARING PROTECTION REQUIRED

when noise exceeds 85 dBA • Ask your supervisor or JHSC about hearing protection

Sources: NIOSH Recommended Exposure Limit (REL) | OSHA 29 CFR 1910.95 Permissible Exposure Limit (PEL)