

NOISE = UNWANTED SOUND OR UNPLEASANT SOUND

TYPES OF NOISE

Continuous Noise	Fan, Motor, Blower	Gradual impact on health
Intermittent Noise	Type Writer	Gradual impact on health
Impact Noise	Explosion	Immediate impact on health



DEFINITION

Measurement of Sound	The acoustic measurement unit is the decibel (dB)
Sound Power	Sound energy in Watts per unit of time The sound power of a music system, in particular the speaker, is defined in (Watts)
Intensity of Sound	Sound energy per square meter (Higher the soundness = Higher intensity) The human ear can detect the lowest intensity 2 W/m ² . The human ear can bear without pain 10 W/m ² .

EFFECT OF NOISE

- | | |
|---|---|
| <ul style="list-style-type: none"> • Nausea • Vomiting • Frequent Loose Stool • Increase Sweating • Increase Blood Pressure/ Heart Rate/ Breathing | <ul style="list-style-type: none"> • Nausea • Vomiting • Frequent Loose Stool • Increase Sweating • Increase Blood Pressure/ Heart Rate/ Breathing |
|---|---|

Noise Induced Hearing Loss (NIHL) has been a notifiable occupational health disease since 1986

ACCEPTABLE NOISE LEVEL (DB) – ENVIRONMENTAL NOISE

Area/ Zone	Day Time (6:00 am to 10:00 pm)	Night (10:00 pm to 6:00 am)
Residential Area	55	45
Commercial Area	65	55
Industrial Area	75	70
Silence Zone	50	40
Airport Zone	75	65

EXPOSURE LIMIT TO NOISE – WORK PLACE NOISE

Noise Limit (dB)	Exposure Limit	Noise Limit (dB)	Exposure Limit
90	8 hours	100	2 hours
92	6 hours	102	1.5 hours
95	4 hours	105	1.0 hours
97	3 hours	110	30 minutes

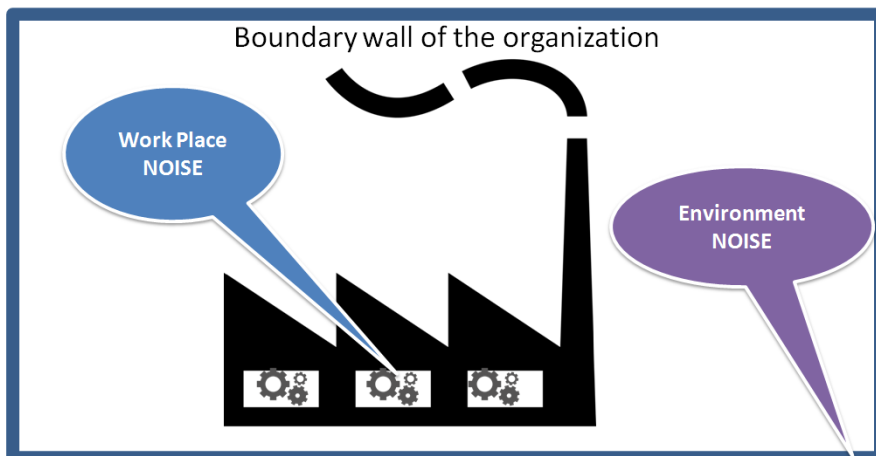
Exposure limit per day = continuous duration or number of short-term durations per day

Workplace Noise (Safety Issue)

- It is measured at the source of noise generation.
- Relevant regulation is Factory Act 1948
- Regulating Body = Directorate of Industrial Safety and Health (DISH)

Environmental Noise (Environmental Issue)

- It is measured at the boundary of the company.
- Relevant regulation is Noise Pollution (Regulation & Control) Rules 2000
- Regulating Body = State PCBs, CPCB



Work Place NOISE = must not more than 90 dB if exposure is for 8 hrs (measured at source of generation)
Environment NOISE = must not be more 75 dB/ 70 dB for day/ night time (measured at boundary)

SIGNBOARDS & PPES



Wear Ear Protection



Ear Plugs: 5-10 dB reduction



Ear Muffs : 25-30 dB reduction



HEALTH MONITORING

- Pre-employment of the audiometric test, if the worker is going to be exposed to the noisy work environment.
- Once in an interval (not exceeding 12 months), audiometric test.
- Internal transfer of workers to other areas before it becomes a permanent loss.

DO

- Always maintain your motor vehicle and its exhaust silencer in proper condition
- Ensure that your Diesel Generator Set is provided with an acoustic enclosure which gives a reduction of a minimum of 25 dB
- Ask for a copy of a valid type approval certificate from the dealer while purchasing portable petrol/kerosene generator sets
- Keep the volume of the loudspeaker or sound amplification system low so as not to annoy your neighbours.
- Ensure that the sound from your music system is played at a volume that does not disturb your neighbour.
- Play fire-crackers only outdoors in large open areas and community level.
- Purchase only those firecrackers that comply with noise standards.

DON'T

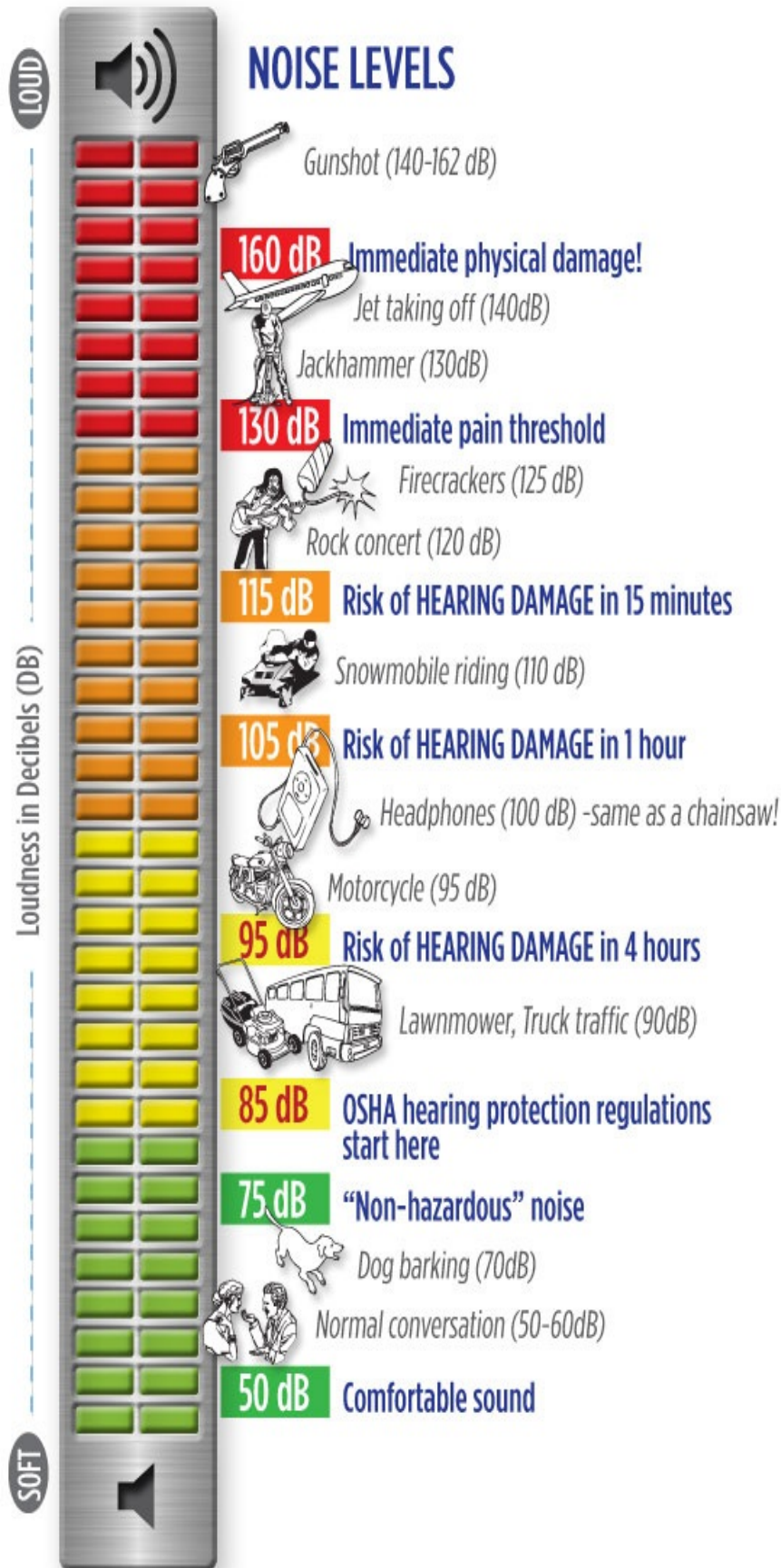
- Avoid using horns except in emergencies.
- Avoid the use of multi-toned/air horns in your vehicle.
- Do not install Diesel Generator Sets without prior approval of the competent authority, if required by local laws
- Avoid the use of loudspeakers in the open.
- Do not use a loudspeaker or any sound amplification system between 10:00 P.M. and 6:00 A.M., except in closed premises.
- Do not make your neighbour a captive listener to your music system.
- Do not play fire-crackers between 10:00 P.M. to 6:00 A.M.

NOISE CONTROL

- Control at source
 - Separate installation, Complete or partial enclosure, Concrete grafting, Sound barriers or absorbing partitions, the lining of wall, partition, ceiling with absorbent material, Use of silence, Modify speed
- Increase distance between source & and receiver
- Reduce the time of exposure
- Place barrier between source & and exposed person
- Personal Protective Equipment (PPEs)

EXTERNAL DOWNLOAD

- Noise Pollution (Regulation & Control) Rules 2000 (Amended in 2017) - [Download](#)
- Noise limit for vehicles - [Download](#)
- Noise limit for airport zone - [Download](#)
- Noise limit for DG set - [Download](#)
- WHO guidelines for noise - [Download](#)
- Noise standard for firecrackers - [Download](#)



WHY WE



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AKSHAR MANAGEMENT CONSULTANT

B-201, Darshnam Oxy Park,
Nr. Neelkamal Farm,
Vasna Bhayali Road,
Vadodara-390007,
Gujarat (INDIA)

+91-99099.79870
contact@aksharQHSE.in