



# Typical Noise Exposure



**PELTOR™**

Jet taking off 25 metres away  
140dB (A)



Chain saw  
115-120dB (A)



Pighouse at feeding time  
110dB (A)



Busy Street/Vacuum cleaner  
78-85dB (A)



Normal Conversation  
50-60dB (A)



Action values according to Control of Noise at Work Regulations 2005

Say "NO" to high noise levels by wearing appropriate hearing protection.



87dB (A) Exposure Limit Value – at ear  
Can be achieved with Hearing Protector

85dB (A) Upper Exposure Action Value  
At this point or above, employers must strictly enforce the use of hearing protection for individual workers.

80dB (A) Lower Exposure Action Value  
At this point or above, employers are obligated to make suitable hearing protection available on request to individual workers.

**Occupational Health & Environmental Safety Group**  
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 Cain Road, Bracknell  
 Berkshire RG12 8HT  
 Tel: 0870 60 800 60  
 www.3M.com/uk/ohes

**3M Ireland Limited**  
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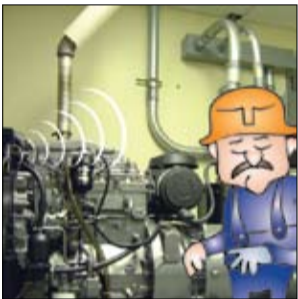
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# Protect against NOISE



Say "NO" to high noise levels by wearing appropriate hearing protection.



Engine Noise



Machining



Forging



Drilling and Construction



Welding



Material Handling



Grinding, Buffing, Metal Finishing



Assembly and Packaging



Stamping, Press shop, Metal Forming

## High Noise may lead to:



Noise-induced Hearing loss



Accidents



Sleeping Disorders



PELTOR™

For more information, please visit [www.3M.co.uk/ohes](http://www.3M.co.uk/ohes) or contact the 3M Health & Safety Helpline on 0870 60 800 60 or Ireland on 1 800 320 500

CHPROTECTNOISEP

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