Pick Six: Noise Levels



According to the National Institute for Occupational Safety and Health, the maximum exposure time at 85 dBA is eight hours. At 110 dBA, the maximum exposure time is one minute and 29 seconds.

Hearing damage, and the symptoms can take time to develop. You are likely to be exposed to different types and levels of noise during you work day.

Pay attention to your surroundings and have the appropriate hearing protection to keep yourself safe from damaging noise levels.

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