Table 1

Noise Dose Table

When determining the Permissible Exposure Limit (PEL) Noise Dose, use only the portion of the Table including noise levels of 90 dBA and higher. When determining the Action Level (AL) Noise Dose, use the entire table. Note that using a Sound Level Meter and this table to estimate noise dose should be considered an approximation of actual noise dose. Add 2 dBA to SLM measurements to allow for calibration or sampling errors.

Noise Level	Exposure Time in Hours																
	0.25	0.50	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
80 dBA	1	2	3	6	9	13	16	19	22	25	28	31	34	38	41	44	47
81 dBA	1	2	4	7	11	14	18	22	25	29	32	36	39	43	47	50	54
82 dBA	1	2	4	8	12	16	21	25	29	33	37	41	45	49	54	58	62
83 dBA	1	2	5	9	14	19	24	28	33	38	43	47	52	57	62	66	71
84 dBA	1	3	5	11	16	22	27	33	38	44	49	54	60	65	71	76	82
85 dBA	2	3	6	13	19	25	31	38	44	50	56	63	69	75	81	88	94
86 dBA	2	4	7	14	22	29	36	43	50	57	65	72	79	86	93	101	108
87 dBA	2	4	8	16	25	33	41	49	58	66	74	82	91	99	107	115	124
88 dBA	2	5	9	19	28	38	47	57	66	76	85	95	104	114	123	133	142
89 dBA	3	5	11	22	33	44	54	65	76	87	98	109	120	131	141	152	163
	Only Sound Levels 90 dBA and higher are used for determining the PEL (All the values below.)																
90 dBA	3	6	13	25	38	50	63	75	88	100	113	125	138	150	163	175	188
91 dBA	4	7	14	29	43	57	72	86	101	115	129	144	158	172	187	201	215
92 dBA	4	8	16	33	49	66	82	99	115	132	148	165	181	198	214	231	247
93 dBA	5	9	19	38	57	76	95	114	133	152	171	189	208	227	246	265	284
94 dBA	5	11	22	44	65	87	109	131	152	174	196	218	239	261	283	305	326
95 dBA	6	13	25	50	75	100	125	150	175	200	225	250	275	300	325	350	375
96 dBA	7	14	29	57	86	115	144	172	201	230	258	287	316	345	373	402	431
97 dBA	8	16	33	66	99	132	165	198	231	264	297	330	363	396	429	462	495
98 dBA	9	19	38	76	114	152	189	227	265	303	341	379	417	455	493	531	568
99 dBA	11	22	44	87	131	174	218	261	305	348	392	435	479	522	566	609	653
100 dBA	13	25	50	100	150	200	250	300	350	400	450	500	550	600	650	700	750
101 dBA	14	29	57	115	172	230	287	345	402	459	517	574	632	689	747	804	862
102 dBA	16	33	66	132	198	264	330	396	462	528	594	660	726	792	858	924	990
103 dBA	19	38	76	152	227	303	379	455	531	606	682	758	834	909	985	1061	1137
104 dBA	22	44	87	174	261	348	435	522	609	696	783	871	958	1045	1132	1219	1306
105 dBA	25	50	100	200	300	400	500	600	700	800	900	1000	1100	1200	1300	1400	1500
106 dBA	29	57	115	230	345	459	574	689	804	919	1034	1149	1264	1378	1493	1608	1723
107 dBA	33	66	132	264	396	528	660	792	924	1056	1188	1320	1451	1583	1715	1847	1979
108 dBA	38	76	152	303	455	606	758	909	1061	1213	1364	1516	1667	1819	1970	2122	2274
109 dBA	44	87	174	348	522	696	871	1045	1219	1393	1567	1741	1915	2089	2263	2438	2612
110 dBA	50	100	200	400	600	800	1000	1200	1400	1600	1800	2000	2200	2400	2600	2800	3000
111 dBA	57	115	230	459	689	919	1149	1378	1608	1838	2068	2297	2527	2757	2987	3216	3446
112 dBA	66	132	264	528	792	1056	1320	1583	1847	2111	2375	2639	2903	3167	3431	3695	3959
113 dBA	76	152	303	606	909	1213	1516	1819	2122	2425	2728	3031	3335	3638	3941	4244	4547
114 dBA	87	174	348	696	1045	1393	1741	2089	2438	2786	3134	3482	3830	4179	4527	4875	5223
115 dBA	100	200	400	800	1200	1600	2000	2400	2800	3200	3600	4000	4400	4800	5200	5600	6000