



# Hearing Protection

EN 352

Most hearing protection commonly used is covered by EN 352 and the relevant sections for our products are summarised below. For industrial applications the Control of Noise at Work Regulations 2005 came into force in 2006 which reduced the starting point for ear protection from 85 dB to 80 dB. Workers must be assessed and provided with training when noise levels reach 80 dB and protection should be made available. Protection must be provided by the employer when sound levels reach 85 dB or above.

## How to decide on protection levels

The best way to decide on whether protection is needed is to arrange a specialist survey from an independent professional. If an employee needs to raise their voice to be heard a few feet away, then the noise levels may be over 85 dB and immediate action should be taken.

Level in dB	Typical Example of Noise	Action
140	Jet Engine	
130	Riveting Hammer	
120	Punch Press	
110	Nail Gun	
100	Grinding	
90	HGV,	85 dB Hearing Protection Required
80	Busy Traffic	80 dB Training and Assessment
70	Car Driver	No Action Required
60	Normal Office	
50	Quiet Office	
40	Low voices	
30	Whispering	

SNR is the "Simplified Noise Level Reduction" or "Single Number Rating" which is the simplest way of getting a general indication for the level of protection provided. It is generally used to compare different types of hearing protectors. In very simple terms the calculation would be:

(dB = Decibel level)

Noise Level 100 dB

Hearing Protector SNR - 30 dB

Noise Reaching Ear = 70 dB

The noise reaching the wearer should not exceed 87 dB and preferably lie between 70 - 80 dB. This calculation does not take into account the different frequencies so may not be the most suitable measurement.

Read more on Clad Safety's Safety Standards Guide [here](#).