

Noise Exposure and Hearing Conservation Plan - Appendix A: Definitions

Action Level – An 8 hour time-weighted average of 85 decibels measured on the A-scale, slow response, or equivalently, a dose of 50%.

Administrative Controls – A secondary option for achieving a reduction in occupational noise prior to reliance on PPE; e.g., job rotation, work procedures, preventative maintenance, etc.

Attenuation – A term that refers to the reduction of noise intensity; the opposite of amplification.

Audiogram – A chart, graph or table resulting from an audiometric test showing an individual's hearing threshold levels as a function of frequency.

Baseline Audiogram – The audiogram against which future audiograms are compared.

dBA – An expression of the relative loudness of sounds in air as perceived by the human ear. The dBA scale reflects measurements that emphasize higher frequencies, closer to human hearing.

Decibel – A unit of measurement of sound level.

Engineering Controls – The primary means to achieve a reduction in occupational noise prior to reliance on PPE; e.g., Substitution, use of distance, enclosures, sound dampening devices, etc.

Hearing Protectors – Various forms of PPE; Ear Caps, Ear Plugs and Ear Muffs.

Hertz – A unit of measurement of frequency or pitch of a sound, numerically equal to cycles per second.

NRR – See **Noise Reduction Rating**.

Noise Dosimeter – An instrument that integrates a function of sound pressure over a period of time in such a manner that it directly indicates a noise dose.

Noise Reduction Rating – A unit to determine the effectiveness of hearing protectors to decrease sound exposures within a given work environment.

OR OSHA – The State of Oregon's Occupational Safety & Health Administration.

PEL – See **Permissible Exposure Limit**

Permissible Exposure Limit – An 8 hour time weighted average level of 90 decibels on the A Scale, or a dose of 100%.

PPE – See **Personal Protective Equipment**.

Personal Protective Equipment - Equipment worn on the body to protect various parts of the body; With respect to Hearing, Personal Protective Equipment includes all Hearing Protectors.

Representative Exposure – Measurements of an employee's noise dose or 8 hour time-weighted average sound level that the employers deem to be representative of the exposures of other employees in the workplace.

Sound Level Meter – An instrument for the measurement of sound.

Standard Threshold Shift – A change in an employee's hearing as measured during an audiometric examination; An average hearing loss of 10 dB at 2000, 3000 and 4000 Hz in either ear when compared to a baseline audiogram.

Time Weighted Average Sound Level – That sound level, which if constant over an 8 hour exposure, would result in the same noise dose as is measured.

TWA – See **Time Weighted Average**.