



Human Health and Population

Appendix 10A: Example Noise Levels

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10A. Example Noise Levels

10A.1 Introduction

- 1 In order to assist the understanding of acoustic terminology and the relative change in noise, the following background information is provided.
- 2 The human ear can detect a very wide range of pressure fluctuations, which are perceived as sound. In order to express these fluctuations in a manageable way, a logarithmic scale called the decibel, or dB scale is used. The decibel scale typically ranges from 0dB (the threshold of hearing) to over 120dB. An indication of the range of sound levels commonly found in the environment is given in the following table.s

Table 10A.1 Sound Levels Commonly Found in the Environment

Sound Level	Location
0dB(A)	Threshold of hearing
20 to 30dB(A)	Quiet bedroom at night
30 to 40dB(A)	Living room during the day
40 to 50dB(A)	Typical office
50 to 60dB(A)	Inside a car
60 to 70dB(A)	Typical high street
70 to 90dB(A)	Inside factory
100 to 110dB(A)	Burglar alarm at 1m away
110 to 130dB(A)	Jet aircraft on take off
140dB(A)	Threshold of Pain

10A.2 Acoustic Sound Levels

- 3 **dB (decibel)** The scale on which sound pressure level is expressed. It is defined as 20 times the logarithm of the ratio between the root-mean-square pressure of the sound field and a reference pressure ($2 \times 10^{-5} \text{Pa}$).
- 4 **dB(A)** A-weighted decibel. This is a measure of the overall level of sound across the audible spectrum with a frequency weighting (i.e. 'A' weighting) to compensate for the varying sensitivity of the human ear to sound at different frequencies.

- 5 **L_{Aeq}** L_{Aeq} is defined as the notional steady sound level which, over a stated period of time, would contain the same amount of acoustical energy as the A - weighted fluctuating sound measured over that period.
- 6 **L_{A10} & L_{A90}** If a non-steady noise is to be described it is necessary to know both its level and the degree of fluctuation. The L_n indices are used for this purpose, and the term refers to the level exceeded for n% of the time. Hence L_{A10} is the level exceeded for 10% of the time and as such can be regarded as the 'average maximum level'. Similarly, L_{A90} is the 'average minimum level' and is often used to describe the background noise. It is common practice to use the L_{A10} index to describe traffic noise.
- 7 **L_{AFmax}** L_{AFmax} is the maximum A - weighted sound pressure level recorded over the period stated. L_{AFmax} is sometimes used in assessing environmental noise where occasional loud noises occur, which may have little effect on the overall L_{Aeq} noise level but will still affect the noise environment. Unless described otherwise, it is measured using the 'fast' sound level meter response.