

Decibel Exposure Time Guidelines

Accepted standards for recommended permissible exposure time for continuous time weighted average noise, according to NIOSH and CDC, 2002. For every 3 dBs over 85dB, the permissible exposure time before possible damage can occur is cut in half.

Continuous dB	Permissible Exposure Time
85 db	8 hours
88 dB	4 hours
91 db	2 hours
94 db	1 hour
97 db	30 minutes
100 db	15 minutes
103 db	7.5 minutes
106 dB	3.75 min (< 4min)
109 dB	1.875 min (< 2min)
112 dB	.9375 min (~1 min)
115 dB	.46875 min (~30 sec)