

NOISE GUIDE



Legal requirements

dB

Examples

Recommendations from 80 dB

	120	Aircraft taking off nearby	 9253 // MUTE DEFENDER PRO SNR = 33 dB	 9200 // MUTE PLUGS 9201 // MUTE PLUGS SNR = 38 dB	+ Combination (approx. +3 dB)
	115	Chainsaw			
	110	Pneumatic hammer			
	100-105	Circular saw / Chainsaw	 9200 // MUTE PLUGS 9201 // MUTE PLUGS SNR = 38 dB	 9253 // MUTE DEFENDER PRO SNR = 33 dB	
	95	Angle grinder			
	90	Drilling machine			
Hearing protection must be worn	> 85		 9252 // MUTE DEFENDER PRO SNR = 32 dB	 9202 // MUTE PLUGS SNR = 32 dB	 9203 // MUTE PLUGS SNR = 32 dB
Company must provide hearing protection (voluntary wearing)	80-85	Packaging machines, Machine tools (e.g. milling machine, lathe, leaf blower)			
No obligation on the part of the company	< 80				
	70	Printer / copier	 9251 // MUTE DEFENDER PRO SNR = 30 dB		
	60-65	Conversation / Office		 9254 // MUTE DEFENDER PRO SNR = 28 dB	
	50	Conversation in a quiet environment	 9250 // MUTE DEFENDER SNR = 25 dB		
	30	Quiet forest			
	15	Rustling leaves			 9204 // MUTE PLUGS SNR = 24 dB
	0	Normal hearing threshold			

Short form for orientation for the risk assessment:

0–49 dB	Uncritical
50–79 dB	Uncritical to increased attention
80–84 dB	Risk area
85–119 dB	Dangerous until highly dangerous
≥ 120 dB	Pain threshold / acutely dangerous

Which hearing protection is suitable for what?

Earplugs:	If you work in a noisy environment for long periods of time and want to put on and take off your hearing protection as little as possible.
Ear defender:	If you frequently have to switch between loud and quiet environments or if hygiene and quick handling are important.
Combination:	In extremely loud environments (>110 dB). Please note: The combination provides additional protection of around +5 dB compared to the better individual value and the two sound values are not added together.

Note: The examples are approximate and are intended as a guide only. Recommendations are based on noise levels above 80 dB. When selecting hearing protection, care must be taken to ensure that the noise level is ≤ 80 dB during use. For example, the combination of 9253 // MUTE DEFENDER PRO and 9200 // MUTE PLUGS can be used at a noise level of 120 dB (e.g. aircraft taking off nearby).