U.S. Daily Occupational Noise Exposure Limits

Time-Weighted Average Sound Level

OSHA Permissible Exposure Limits*

- 15 minutes: 125 dBA
- 30 minutes: 120 dBA
- 1 hour: 115 dBA
- 2 hours: 110 dBA
- 4 hours: 105 dBA
- 8 hours: 100 dBA
- 16 hours: 95 dBA

NIOSH Recommended Exposure Limits#

- 28 seconds: 90 dBA
- 90 seconds: 85 dBA
- 5 minutes: 80 dBA
- 15 minutes: 75 dBA
- 48 minutes: 70 dBA
- 2.5 hours: 65 dBA
- 8 hours: 60 dBA

*OSHA regulation 29 CFR 1910.95 Occupational Noise Exposure
#NIOSH publication 98-126. Criteria for a Recommended Standard. Occupational Noise Exposure