



Noise exposure ready-reckoner (Weekly exposure)

Daily noise exposure, $L_{EP,d}$ (dB)	Points							Total exposure points	Weekly noise exposure $L_{EP,w}$ (dB)
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7		
95	1000	1000	1000	1000	1000	1000	1000	5000	95
94	800	800	800	800	800	800	800	4000	94
93	630	630	630	630	630	630	630	3200	93
92	500	500	500	500	500	500	500	2500	92
91	400	400	400	400	400	400	400	2000	91
90	320	320	320	320	320	320	320	1600	90
89	250	250	250	250	250	250	250	1300	89
88	200	200	200	200	200	200	200	1000	88
87	160	160	160	160	160	160	160	800	87
86	130	130	130	130	130	130	130	630	86
85	100	100	100	100	100	100	100	500	85
84	80	80	80	80	80	80	80	400	84
83	65	65	65	65	65	65	65	320	83
82	50	50	50	50	50	50	50	250	82
81	40	40	40	40	40	40	40	200	81
80	32	32	32	32	32	32	32	160	80
79	25	25	25	25	25	25	25	130	79
78	20	20	20	20	20	20	20	100	78

Instructions:

- For each working day in the week look up in the table on the left the exposure points corresponding to that day's noise exposure (e.g. a noise exposure on Day 1 of 90 dB gives 320 points);
- Add up the points for each day worked to give total exposure points for the week;
- Look up in the table on the right the total exposure points to find the corresponding weekly noise exposure (e.g. a total exposure points for the week of 2000 points gives a weekly noise exposure of 91 dB).