

ULINE

EARPLUG GUIDE

HOW ARE EARPLUGS RATED?

Earplugs are evaluated by Noise Reduction Rating, or NRR. This describes the maximum sound level reduction provided by a hearing protection device.

HOW TO USE THE NOISE REDUCTION RATING

1. Subtract 7 from the earplugs' NRR.
2. Divide the result by 2 to determine the real-life reduction.
3. Subtract the real-life reduction from the environmental noise level to get the protected exposure level.

EXAMPLE

$$29 \text{ NRR (earplugs)} - 7 \text{ dB} = 22 \text{ dB}$$

$$22 \text{ dB} \div 2 = 11 \text{ dB}$$

$$90 \text{ dB (environment)} - 11 \text{ dB} = 79 \text{ dB (protected exposure level)}$$



ENVIRONMENTAL NOISE LEVELS

Faint	10 dB	Normal breathing
	40 dB	Refrigerator, quiet office
Moderate	50 dB	Paper rustling
	60 dB	Normal conversation, dishwasher
Loud	75 dB	Alarm clock, vacuum cleaner
	85 dB	Conveyor, hand saw
Extremely Loud	90 dB	Lawn mower, pneumatic wrench, compressor
	100 dB	Power tools, bulldozer
	110 dB	Ambulance siren, crying baby
Painful	120 dB	Sandblasting, hammer on nail
	140 dB	Jet engine, dynamite blast
	160 dB	Firearm, fireworks
	170 dB	Rocket liftoff

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