

# ULINE Earplug Guide

Use this guide to determine which earplugs are right for you.

## 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

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