Measuring Sound to Reduce Noise

Presentation by Tatiana Carrido







NOISE INACTION

The Noise Control Act of 1972

Quiet Communities Act of 1978





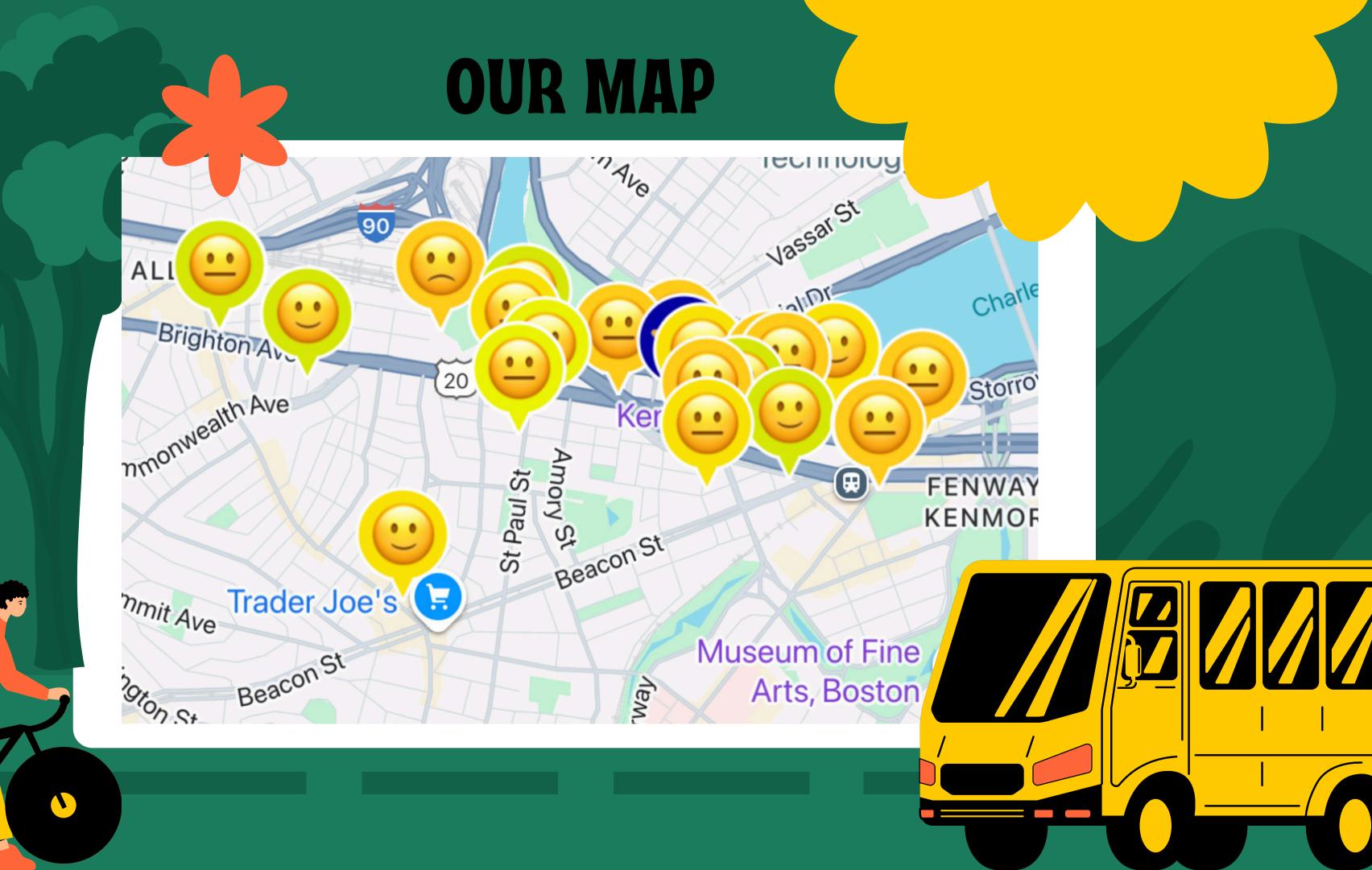
Defunded in 1982

WHAT WE DID

Fifteen students participated in a two-part study involving the use of sound recording apps: NIOSH SLM & Noise Project.

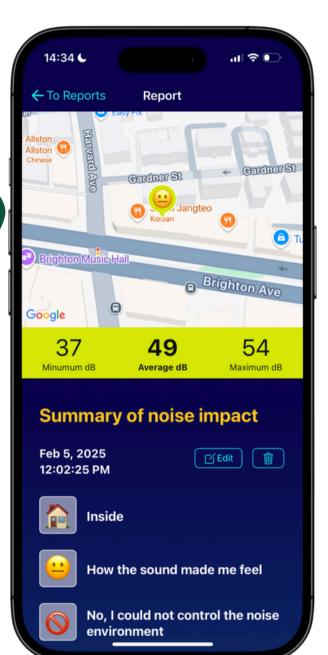






03.

SAMPLE MEASUREMENTS

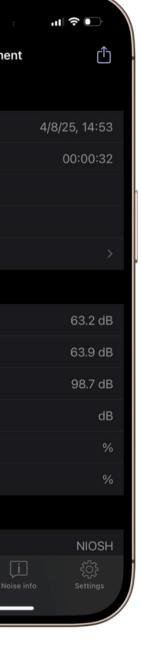


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Noise Project

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	🕻 All Measuren	1
	GENERAL	
	Date	
	Measurement time	
1	Operator	
	Place	
	Notes	
	MEASUREMENT VALUES	
	LAeq	
	Max. level	
	LCPeak	
	TWA	
	Dose	
	Projected dose	
	NOISE AT WORK SETTINGS	
	Standard	
	dB Sound level meter Saved	

NIOSH SLM





KEY THEMES

Intuitiveness

- User-friendly features
- Live sound meters
- Guided recordings
- Automatically saves to device

Information

- Irreversible hearing damage from sustained exposure to loud noise
- Sound perception and well-being

Introspection

- Pleasant sounds vs. noise and how we cope (headphones)
- Encourage changes in behavior



INTUITIVENESS

Noise Project has more user-friendly features than NIOSH SLM, including meters that compare live sound to similar sources. It also guides users when making recordings (e.g., recording length) and saves to device automatically.





INFORMATION

NIOSH focus on the long-term effects of sustained noise exposure, specifically with hearing. Noise Project promotes a reevaluation of the user's relationship with sound and how it relates to well-being.

12:48 🗲

Noise info



What noises can cause hearing disorders?

Examples of noise levels and recommended maximum exposure.

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How to prevent hearing loss

Facts and information about noise prevention.



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How to conduct a noise survey

Information about how to perform a measurement correctly.

How to select proper hearing protection devices

When to use and how to select a hearing protector device.









INTROSPECTION

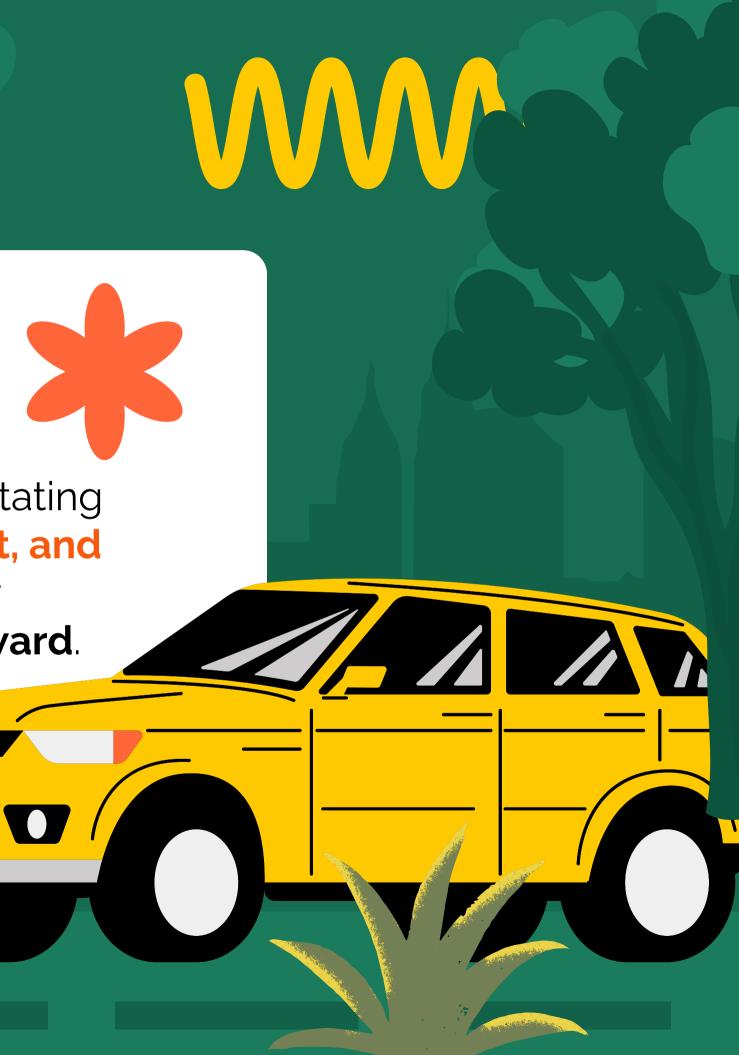
We often use technology and even added sound to cope with noise (noise-cancelling headphones). Such equipment has its own set of risks and affects the way we connect with others and the world.



Passengers including Brandon Long (right) on his cell phone while going to work on a Muni train stopping at Powell Street station in San Francisco, California, on Friday, October 4, 2013. Liz Hafalia/The Chronicle

IMPACT

Leveraging community participation and facilitating discussions lead to validation, empowerment, and documentation. We are not alone in our experience, and there is a way to move forward.







**IOS devices only













