

How Loud Is It?

Fishing

*Here are some typical fishing vessel noise levels. Noise-induced hearing loss is caused by extended periods of exposure to noise above 85 dBA. However, most information is based on 8-hour “workdays”—the workday may be much longer on a fishing vessel. **Your** hearing is particularly at risk if sleeping quarters are not below 55 dBA, as your ears do not get enough rest time during sleep to recover from noise exposure. Wearing earplugs while sleeping can help reduce the noise levels to below 40 dBA.*

1. Noise Levels

Compressor	90-105 dBA
Deck	88-100 dBA
Engine Room.....	90-114 dBA
Galley	75-80 dBA
Vessel repairs	70-100 dBA
Sleeping quarters.....	50-80 dBA
Wheelhouse.....	80-90 dBA
Winch.....	90-100 dBA

2. Hearing Protection Devices (HPDs)

Hearing protection should be selected based on:

- noise exposure
- communication demands
- hearing ability
- use of other personal protective devices
- temperature and climate
- physical characteristics of the job or worker



Noise Level	Recommended HPD
Less than 90 dBA.	Class C, Grade 1
Less than 95	Class B, Grade 2
Less than 100	Class A, Grade 3
Less than 105	Class A, Grade 4
Less than 110	Earplugs+Earmuffs