



No. 1 April 2015

Watch out! The No 67 Bus is about!

What could be nicer than a sunny spring day in the centre of Dublin! Lunchtime on O'Connell St. on Wednesday was full of colour as people went about in their shirt sleeves and frocks, and almost everyone with a smile on their face! However, our Keep the Sound research team was on the prowl, as there was also plenty of noise about, despite the sunshine!

They recorded sound levels at three different locations in the city centre between 1.00 and 2.00 pm on April 22nd 2015. As you can see from the table below, many of the recordings were above the maximum safe levels in workplaces of 85 decibels (dB) recommended by the Health and Safety Authority and the World Health Organisation (WHO). TWO locations had average readings above the maximum safe levels for occupational environments. In other words, if you were working at these locations, you should be wearing ear protection!



Sunny O'Connell Street, Dublin

According to the World Health Organisation, up to a billion young people worldwide are at risk from developing hearing loss from noise exposure, primarily from listening to music at dangerously loud levels. Yet it is estimated that half of all acquired hearing loss could be prevented by safe listening and safe noise levels in the environment. DeafHear's Keep the Sound campaign is focussed on encouraging people to mind their hearing and avoid exposure to sound levels that damage hearing.



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Relaxing in noise!

On Wednesday lunchtime many people were sitting relaxing in the sun on the Liffey Boardwalk. If they did so for an hour or two....they were eating hugely into their Safe Daily Listening Allowance! (See the Keep the Sound Scorecard below). The average noise readings were over 86dB at this location, and you can only listen safely at this level for 5-6 hours. If they worked in a noisy environment or listened to music on the way home on the train or bus...they could easily exceed the Safe Daily Listening. In fact the loudest recorded sound level was a staggering 96.2 dB, made as a No 67 bus sped past at what seemed very high revs in a low gear!



The second loudest noise level recorded was at the top of O'Connell St. It involved a road roller making a racket as it went past measured at 96dB...and the driver was not wearing any ear protection! Crazy!

So if you are out and about in Dublin's city centre on a regular basis...be aware that the noise levels at certain locations could be damaging your hearing, especially if you are there for a prolonged period!

Noise Level (dB)	O'Connell St. (Near Gate Theatre)	O'Connell Monument	Bachelors Walk
Reading 1	87.8	82.8	84.6
Reading 2	95.0	84.5	84.9
Reading 3	83.9	80.3	83.0
Reading 4	81.9	86.5	96.2
Reading 5	86.6	82.4	83.9
Average Noise Level (dB)	87.0	83.3	86.5

(*Sound recordings were made using a sound level meter, recording a maximum sound level reading per minute every two minutes during a ten minute period at three locations on or near O'Connell St between 1.00 and 2.00pm on April 22nd 2015).

SCORE CARD

Volume	Time
up to 85dB	Safe Sound
86 dB	6hrs 40mins
87 dB	5hrs 20mins
88 dB	4hrs
89 dB	3hrs 20mins
90 dB	2hrs 40mins
91 dB	2hrs
92 dB	1hr 40mins
93 dB	1hr 20mins
94 dB	1hr
95 dB	50 mins
Over 96 dB	Turn Down Now



Keep the Sound is DeafHear's national campaign to raise awareness of the risks to hearing health from listening to music at dangerously high sound levels and to encourage safe listening habits among teenagers and adults.

To learn more about the Keep the Sound Campaign, visit:
Web: www.keepthesound.ie / Facebook: [facebook.com/keepthesound](https://www.facebook.com/keepthesound)



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