

Hearing Protection Calculator



QHSE LINK

Single Protection



Dual Protection



Single Hearing Protection (*Earplugs or Earmuffs Only*)

$$\text{Adjusted NRR} = \frac{\text{NRR} - 7}{2}$$

Protected Noise Level = Workplace Noise Level – Adjusted NRR

Dual Hearing Protection (*Both Earplugs and Earmuffs*)

$$\text{Higher NRR}_{\text{adj}} = \frac{\text{NRR} - 7}{2}$$

$$\text{Lower NRR}_{\text{adj}} = \frac{\text{NRR} - 7}{2} \times 0.5$$

Total Adjusted NRR = Higher NRR adj + Lower NRR adj

Protected Noise Level = Workplace Noise Level – Total Adjusted NRR