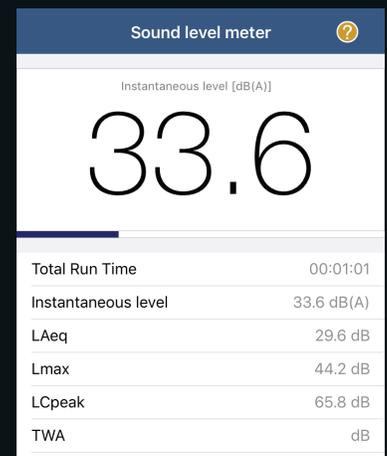
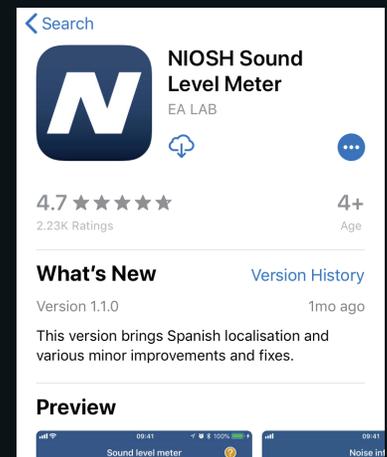




Determining a Quiet Room

1. Install the free NIOSH SLM app on your phone.
2. Pick a time to measure when the room experiences typical ambient noise.
3. With the app open, hold your phone at arms length with the mic facing away from you.
4. Press the play button and record for 1 minute while remaining still, then press pause and examine the results.
5. If the LAeq* is 37 dB or lower, your room is quiet enough for a hearing test.



*Want us to check your results?
Press the app's share button to
email us the report.*



*LAeq is the average sound level. Other sound applications may label it as Leq.

T K Express Services:

- ◆ Hearing Testing
- ◆ OSHA Hearing Worker Training
- ◆ Worker Notification Letters
- ◆ STS Counselling
- ◆ Otoscopy
- ◆ Earplug Fit Testing



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