

AKUSTIKA

Mürast tingitud kuulmise languse hindamine

Acoustics

**Estimation of noise-induced hearing loss
(ISO 1999:2013)**

EESTI STANDARDI EESSÕNA**NATIONAL FOREWORD**

See Eesti standard EVS-ISO 1999:2017 „Akustika. Mürast tingitud kuulmise languse hindamine“ sisaldab rahvusvahelise standardi ISO 1999:2013 „Acoustics. Estimation of noise-induced hearing loss“ identset ingliskeelset teksti.	This Estonian Standard EVS-ISO 1999:2017 consists of the identical English text of the International Standard ISO 1999:2013 „Acoustics. Estimation of noise-induced hearing loss“.
Ettepaneku rahvusvahelise standardi ümbertrüki meetodil ülevõtuks on esitanud EVS/TK 61, standardi avaldamist on korraldanud Eesti Standardikeskus.	Proposal to adopt the International Standard by reprint method has been presented by EVS/TK 61, the Estonian standard has been published by the Estonian Centre for Standardisation.
Standard EVS-ISO 1999:2017 on jõustunud sellekohase teate avaldamisega EVS Teataja 2017. aasta aprillikuu numbris.	Standard EVS-ISO 1999:2017 has been endorsed with a notification published in the April 2017 issue of the official bulletin of the Estonian Centre for Standardisation.
Standard on kättesaadav Eesti Standardikeskusest.	The standard is available from the Estonian Centre for Standardisation.

Käsitlusala

See rahvusvaheline standard täpsustab meetodit, kuidas arvutada täiskasvanud elanike eeldatavat mürast tingitud püsiva kuulmislääve tõusu eri taseme ja kestusega müraga kokkupuute tagajärjel. See annab aluse kuulmispuude arvutamiseks eri valemite abil, kui kuulmislääve tasemed tavalistel audiomeetrilistel sagedustel või nende kombinatsioonidel ületavad kindla taseme.

MÄRKUS 1 See rahvusvaheline standard ei täpsusta sagedusi, sageduste kombinatsioone ega kaalutud kombinatsioone, mida kasutatakse kuulmispuude hindamiseks; samuti ei täpsusta see kuulmislääve taset (piiri), mis tuleb kuulmispuude olemasoluks ületada. Nende parameetrite kvantitatiivne valik jääb meetodi kasutajale. Kõik selles rahvusvahelises standardis sätestatud helirõhutasemed ei arvesta kuulmiskaitsevahenditega, mis vähendaksid kõrvale mõjuvat mürataset või muudaksid selle spektrit.

Riskirühmale mõjuv müra väärtus on selline müraga kokkupuute tase, $L_{EX,8h}$, mis on normaliseeritud nominaalsele 8-tunnisele tööpäevale teatud aastate jooksul toimuva ekspositsiooni korral. See rahvusvaheline standard kehtib püsiva, vahelduva, kõikuva või ebaregulaarse müra helisageduste kohta alla umbes 10 kHz. Selle rahvusvahelise standardi kasutamist helirõhu mõõtmiseks, mis ületab 200 Pa (140 dB suhe 20 µPa kohta), tuleks pidada ekstrapoleerimiseks.

Toodud valemite abil arvutatakse audiomeetrilistel sagedustel kuulmislangust, sealhulgas statistilist jaotust, nii tasemest kui müra mõjuajast (aastates) tingitud funktsioonina. Valemid ei erista müra mõju meestele ja naistele.

MÄRKUS 2 Kuigi kuulmislanguse mudelid põhinevad andmetel, mis eeldavasti pärinevad peamiselt tööalaselt müraga kokkupuutuvate inimeste andmetel, võib neid mõningase ettevaatusega kasutada ka võrreldavate tööga mitte seotud ja kombineeritud müra toime hindamiste puhul.

MÄRKUS 3 Esitletud prognoosimeetod põhineb peamiselt andmetel, mis on kogutud üldise laiaribalise ühtlase mittetonaalse müra kohta.

Müraga kokkupuutest tingitud kuulmisläve tasemete ja kuulmispuude arvutamiseks tuleb kasutada võrdlusrühma. See rahvusvaheline standard sisaldab hoolikalt otoloogiliselt hinnatud normaalse elanikkonna (ISO 7029 kohaselt) määratlust ja kolme näidet tüüpilisest mittehinnatud tööstuspiirkonna elanikkonnast. Selle rahvusvahelise standardi kasutajad võivad valida enda erivajadustele vastavaid elanike rühmi.

MÄRKUS 4 Kõik selles rahvusvahelises standardis esindatud andmed ja menetlused põhinevad katseandmete kaalutletud lihtsustusel, kus päevane heliga kokkupuute aeg ei ületanud 12 tundi. Tulenevad ümardused piiravad määratletud muutujate, protsentide, heliga kokkupuute tasemete ja sagedusvahemike väärtuste kehtivust.

See rahvusvaheline standard põhineb statistilistel andmetel ja seega ei saa seda kasutada kuulmiskahjustuste prognoosimiseks või hindamiseks üksikisikutel, välja arvatud statistiliste tõenäosuste kasutamisel.

Tagasisidet standardi sisu kohta on võimalik edastada, kasutades EVS-i veebilehel asuvat tagasiside vormi või saates e-kirja meiliaadressile standardiosakond@evs.ee.

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Foreword

ISO (the International Organization for Standardization) is a worldwide federation of national standards bodies (ISO member bodies). The work of preparing International Standards is normally carried out through ISO technical committees. Each member body interested in a subject for which a technical committee has been established has the right to be represented on that committee. International organizations, governmental and non-governmental, in liaison with ISO, also take part in the work. ISO collaborates closely with the International Electrotechnical Commission (IEC) on all matters of electrotechnical standardization.

The procedures used to develop this document and those intended for its further maintenance are described in the ISO/IEC Directives, Part 1. In particular the different approval criteria needed for the different types of ISO documents should be noted. This document was drafted in accordance with the editorial rules of the ISO/IEC Directives, Part 2. www.iso.org/directives

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The committee responsible for this document is ISO/TC 43, *Acoustics*.

This third edition cancels and replaces the second edition (ISO 1999:1990), of which it constitutes a minor revision.

Introduction

This International Standard presents, in statistical terms, the relationship between noise exposures and the “noise-induced permanent threshold shift” (NIPTS) in people of various ages. It provides procedures for estimating the hearing loss due to noise exposure of populations free from auditory impairment other than that due to noise (with allowance for the effects of age) or of unscreened populations whose hearing capability has been measured or estimated. NIPTS is treated here as an additive term independent of other components of hearing threshold levels. For any given noise exposure, it has a range of positive values representing the variability of noise-damage susceptibility between individuals of a population.

Persons regularly exposed to noise can develop hearing loss of varying severity. Due to this hearing loss, their understanding of speech, perception of everyday acoustic signals, or appreciation of music may be impaired. With the exception of exposure to blast, high-impulse noise and extremely high levels of steady noise, permanent impairment of the hearing organ takes time and is progressive over months, years, or decades of exposure. NIPTS is usually preceded by a reversible temporary effect on hearing called noise-induced “temporary threshold shift” (TTS). The severity of TTS and recovery from it depend upon exposure level and duration. For a single individual, it is not possible to determine precisely which changes in hearing threshold level are caused by noise and which changes are caused by other factors, although, in doubtful individual cases, the data in this International Standard might provide an additional means for estimating the most probable causes in audiological diagnosis. However, for a large population exposed to a specific noise, changes in the statistical distributions of hearing threshold levels can be determined. Parameters, such as the mean NIPTS and the median NIPTS, can be used to describe differences in hearing threshold levels between two populations that are similar in all relevant respects except that one population has had a well-defined (usually occupational) noise exposure. Throughout this International Standard, the term NIPTS is applied to changes in the noise-induced permanent threshold shift of statistical distributions of groups of people; it is not to be applied to individuals.

This International Standard can be applied to the calculation of the risk of sustaining hearing loss due to regular occupational noise exposure or due to any daily repeated noise exposure. In some countries, hearing loss caused by occupational noise exposure can have legal consequences with respect to responsibility and compensation. The hearing threshold level at the various frequencies, at which a hearing impairment is deemed to exist (fence), depends not only on the hearing loss per se, but frequently on legal definitions and interpretations based on social and economic considerations. In addition, the definition of a hearing impairment depends on the quality of speech recognition desired, the average level of background noise, and with respect to the relative importance of the various frequencies, perhaps even on the language. Consequently, this International Standard does not stipulate (in contrast to the first edition of ISO 1999) a specific formula for assessment of the risk of impairment, but specifies uniform methods for the prediction of hearing loss, which can be used for the assessment of impairment according to the formula desired or stipulated in a specific country. The results obtained by this International Standard may also be used for estimating the permanent effects of noise on the perception of everyday acoustic signals, the appreciation of music, or the effect of one specific frequency not necessarily stipulated by a hearing impairment formula.

Since noise-induced hearing loss is the result not only of occupational noise exposure but also of the total noise exposure of the population, it may be important to take the non-occupational exposure of individuals (during commuting to and from their jobs, at home, and during recreational activities) into account. Only if this non-occupational exposure is negligible compared with the occupational exposure does this International Standard allow prediction of the occurrence of hearing loss due to occupational noise exposure. Otherwise, it should be used to calculate the hearing loss to be expected from the combined (occupational plus non-occupational) total daily noise exposure. The contribution of the occupational noise exposure to the total hearing loss can then be estimated, if desired.

The selection of maximum tolerable or maximum permissible noise exposures and protection requirements, as well as the selection of specific formulae for impairment risk assessment or compensation purposes, require consideration of ethical, social, economic, and political factors not amenable to international standardization. Individual countries differ in their interpretation of these factors and these factors are therefore considered outside the scope of this International Standard.

For reasons given above, this International Standard, by itself, does not comprise a complete guide for risk assessment and protection requirements, and for practical use, it has to be complemented by national standards or codes of practice delineating the factors which are here left open.

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Acoustics — Estimation of noise-induced hearing loss

1 Scope

This International Standard specifies a method for calculating the expected noise-induced permanent threshold shift in the hearing threshold levels of adult populations due to various levels and durations of noise exposure; it provides the basis for calculating hearing disability according to various formulae when the hearing threshold levels at commonly measured audiometric frequencies, or combinations of such frequencies, exceed a certain value.

NOTE 1 This International Standard does not specify frequencies, frequency combinations, or weighted combinations to be used for the evaluation of hearing disability; nor does it specify a hearing threshold level (fence) which it is necessary to exceed for hearing disability to exist. Quantitative selection of these parameters is left to the user. All sound pressure levels stated in this International Standard do not consider the effect of hearing protectors which would reduce effective exposure levels and modify the spectrum at the ear.

The measure of exposure to noise for a population at risk is the noise exposure level normalized to a nominal 8 h working day, $L_{EX,8h}$, for a given number of years of exposure. This International Standard applies to noise at frequencies less than approximately 10 kHz which is steady, intermittent, fluctuating, irregular. Use of this International Standard for sound pressures exceeding 200 Pa (140 dB relative to 20 μ Pa) is recognized as extrapolation.

Formulae are presented to calculate the hearing loss, including statistical distribution, at a range of audiometric frequencies due to exposure to noise as a function of level of noise exposure and duration of exposure (in years). The formulae do not distinguish between male and female populations.

NOTE 2 Although the models of hearing loss are based on data assumed to stem primarily from populations exposed to occupational noise, they may be used, with some caution, for estimating the effects of comparable non-occupational and combined exposures.

NOTE 3 The prediction method presented is based primarily on data collected with essentially broadband, steady, non-tonal noise.

To calculate hearing threshold levels and the risk of acquiring hearing loss due to noise exposure, it is necessary to make use of a comparable population. This International Standard contains a definition of a highly screened otologically normal population (in accordance with ISO 7029) and three examples of unscreened populations of three typical industrialized societies. The users of this International Standard may choose a comparable population according to their particular requirements.

NOTE 4 All data and procedures presented in this International Standard are based on deliberate simplifications of experimental data where the daily sound exposure duration did not exceed 12 h. The resulting approximations restrict the validity to the stated ranges of the variables, percentages, sound exposure levels, and frequency ranges.

This International Standard is based on statistical data and therefore cannot be applied to the prediction or assessment of the hearing loss of individual persons except in terms of statistical probabilities.

2 Normative references

The following documents, in whole or in part, are normatively referenced in this document and are indispensable for its application. For dated references, only the edition cited applies. For undated references, the latest edition of the referenced document (including any amendments) applies.

ISO 7029, *Acoustics — Statistical distribution of hearing thresholds as a function of age*

ISO 9612, *Acoustics — Determination of occupational noise exposure — Engineering method*

ISO/TR 25417, *Acoustics — Definitions of basic quantities and terms*