



## WHAT CAN I DO TO REDUCE ENVIRONMENTAL NOISE?

You can do the following to reduce the noise levels in Barbados:

- Be considerate of others.
- Apply for the appropriate permits before conducting entertainment activities and follow the conditions of approval.
- Conduct noise related activities during the daytime whenever possible.
- Ensure that your vehicle is in good working order.
- Use quieter equipment or reduce the sound levels if possible.
- Contact your neighbours when carrying out noisy activities such as a party at your house or construction work around the house.



ENVIRONMENTAL PROTECTION DEPARTMENT

MINISTRY OF ENVIRONMENT & DRAINAGE

L.V. HARCOURT LEWIS BUILDING

DALKEITH

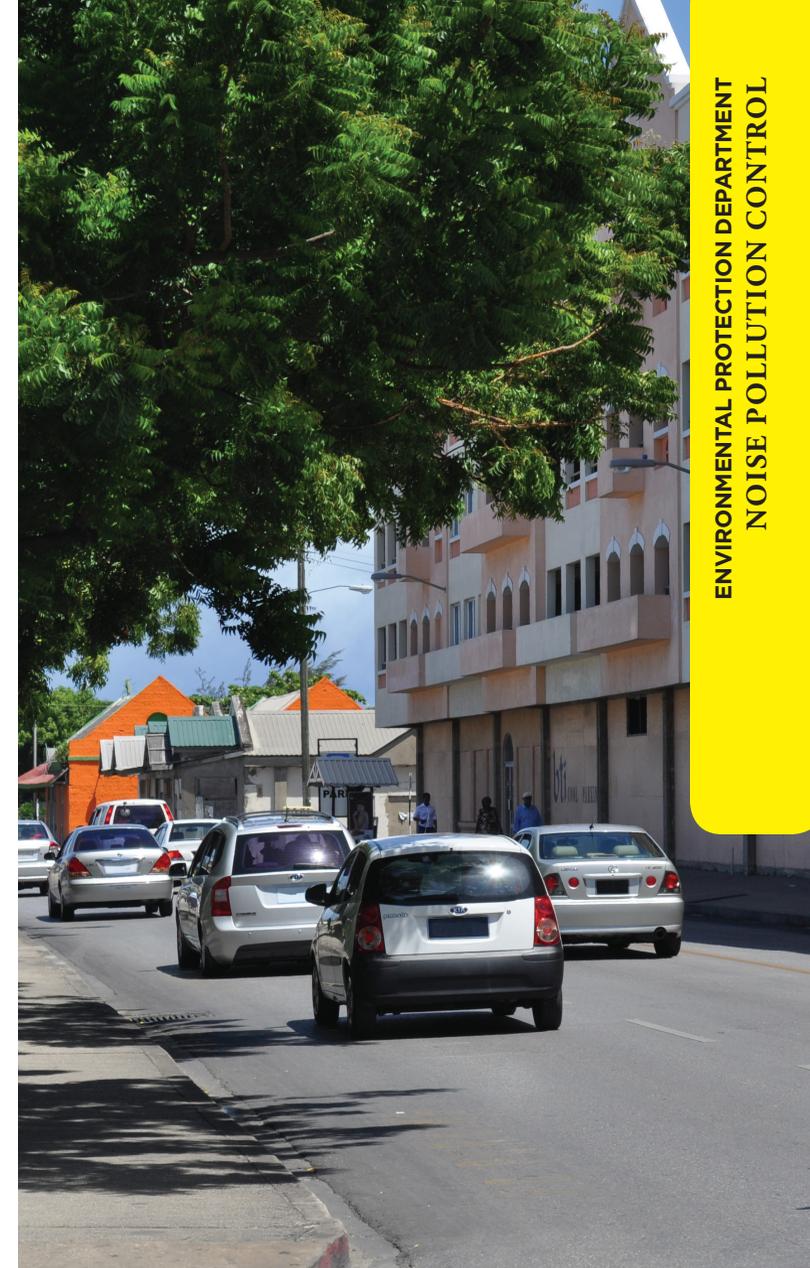
ST. MICHAEL

BARBADOS

PHONE: 246.535.4600

[www.epd.gov.bb](http://www.epd.gov.bb)

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ENVIRONMENTAL PROTECTION DEPARTMENT  
NOISE POLLUTION CONTROL



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## WHAT ARE THE EFFECTS OF NOISE?

There are various physical effects of noise which can be temporary or permanent. Examples are:

- hearing loss which is the most common effect of exposure to high noise levels;
- ringing in the ears (tinnitus) which can be permanent;
- increased blood pressure;
- increased breathing rate;
- increased heart rate;
- muscular tension; and
- perspiration.

Stress from excessive noise may cause 'diseases of adaptation' such as ulcers, asthma, high blood pressure, headaches and colitis. Noise has also been linked to complications in unborn children.

Other negative effects of noise may include:

- sleep disturbance;
- absentmindedness;
- exhaustion;
- frustration;
- anxiety; and
- aggravation of existing mental illness.

It is difficult for children to understand language in a noisy environment, and this makes it harder for them to learn.

## WHAT IS ROLE OF THE ENVIRONMENTAL PROTECTION DEPARTMENT?

The Environmental Protection Department (EPD) conducts various tasks related to noise such as:

- monitoring and regulating environmental noise levels in accordance with national policy;
- investigating complaints of potential environmental noise pollution;
- researching environmental noise issues; and
- developing policies to control environmental noise pollution and preparing guidelines for sources aimed at reducing sound levels.

## WHAT ARE THE LEGISLATION AND STANDARDS USED TO MANAGE ENVIRONMENTAL NOISE?

Noise in Barbados is regulated using the Health Services (Nuisances) Regulations, 1969.

The Government of Barbados adopted the World Health Organisation Community Noise Guidelines as reference standards. The Guidelines indicate the sound levels which would allow persons to be minimally impacted by noise. Some of these guideline values are shown in the table below.

Specific Environment	Daytime/evening Leq dBA
Residential	55
Commercial	70
Industrial	70

Note:

- Exposure to noise above 85 dBA will cause hearing loss over time.
- Exposure to noise above 140 dBA can cause damage after just one exposure.

# Noise Pollution Control

## WHAT IS NOISE?

The term **noise** refers to any unwanted sound.

Environmental noise is caused by sound levels emanating from vehicular traffic, industry, construction and other outdoor activities including concerts which are unwanted and/or harmful to people.

Sound pressure levels are measured in decibels (dB). The sound pressure levels provided in the table below give an indication of the noise generated by certain sounds.

Sound pressure level (dBA)*	Points of Reference
10	normal breathing
20	whispering at five feet
30	soft whisper
50	rainfall
60	normal conversation
110	shouting in ear
120	thunder

\* dBA - decibels on the A-scale (which is representative of how the human ear perceives sound)"