Chapter 1

Basic Overview of the Environmental Noise Problem

Introduction

Background

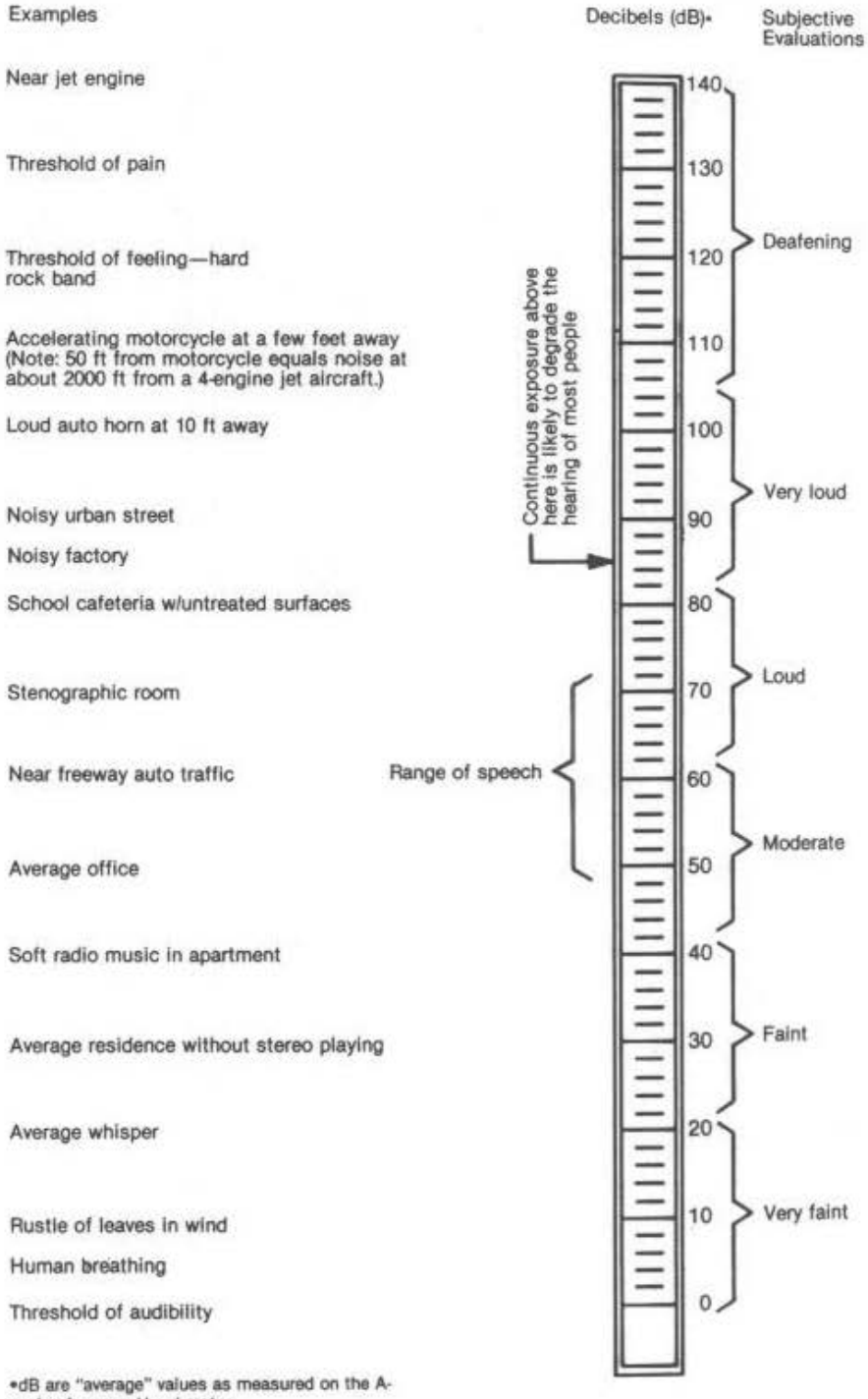
Definition and Scope of the Noise Problem

The air around us is constantly filled with sounds, yet most of us would probably not say we are surrounded by noise. What then is the difference between ordinary sound and what we call noise? The traditional definition of noise is that it is "unwanted sound." Sound becomes unwanted when it either interferes with our normal activities such as sleeping, conversation or recreation, when it causes actual physical harm such as hearing loss or has adverse effects on mental health. As we have become a more urbanized country and as technology has advanced, the level of sound in our environment has reached the point when it sometimes does cause interference and does cause physical and psychological harm, and thus we have developed a noise problem. (See Figure 1 for a listing of common sounds.)

The dimensions of the noise problem have grown larger and larger over the past few decades. In its 1979 Annual Report, The Council on Environmental Quality stated that "nearly half the US population is regularly exposed to levels of noise that interfere with ...normal activities" and about "1 in 10 ...are exposed to noises of duration and intensity sufficient to cause a permanent reduction in their ability to hear."

Figure 1
Common Sounds
Basic Theory: Common Sounds in Decibels (dB)

Some common, easily recognized sounds are listed below in order of increasing sound intensity levels in decibels. The sound levels shown for occupied rooms are typical general activity levels only and do *not* represent criteria for design.



•dB are "average" values as measured on the A-scale of a sound-level meter
(From *Concepts in Architectural Acoustics:* M. David Egan, McGraw Hill, 1972.)

The Dynamics of the Noise Problem

There are basically two types of noise problems. There is the specific, job related, occupational noise problem created by extremely loud machinery. Then there is the community noise problem where the combined effect of many individual noise sources creates an overall noise level that is unacceptable. In the following pages we will be addressing the community noise problem only.

The main contributors to a community noise problem are transportation sources such as highways, railroads and airports. These sources are the most pervasive and continuing of the noise sources within the community. Of course, at any given site, there may be other noise sources which add to the problem, sources such as jackhammers at a construction site. But in general, and for the purposes of this section, the main concern is with the transportation sources.

The dynamics of a noise problem are based on the relationship between the noise source, the person or place exposed to the noise (hereafter called the receiver) and the path the noise will travel from source to receiver.

The source generates a given amount of noise which travels along the path and arrives at the receiver. The amount of noise will be reduced to some extent as a result of how long that path is or whether there are any barriers along the path. The severity of the impact on the receiver is a function of what type of activity is taking place, whether it is indoors or outdoors, and what type of building it is in if the activity is indoors. Figure 3 contains some basic compatibility guidelines.

The impact of the noise can be altered or mitigated by changing the characteristics of any of the three elements: source, path or receiver. Later on we will look at the various mitigation measures that are possible. Our concern however will be primarily with the receiver and the path. Control of the sources themselves is the specific responsibility of agencies such as the Environmental Protection Agency (EPA) or the Federal Aviation Administration (FAA).

Figure 2
Dynamics of a Noise Problem

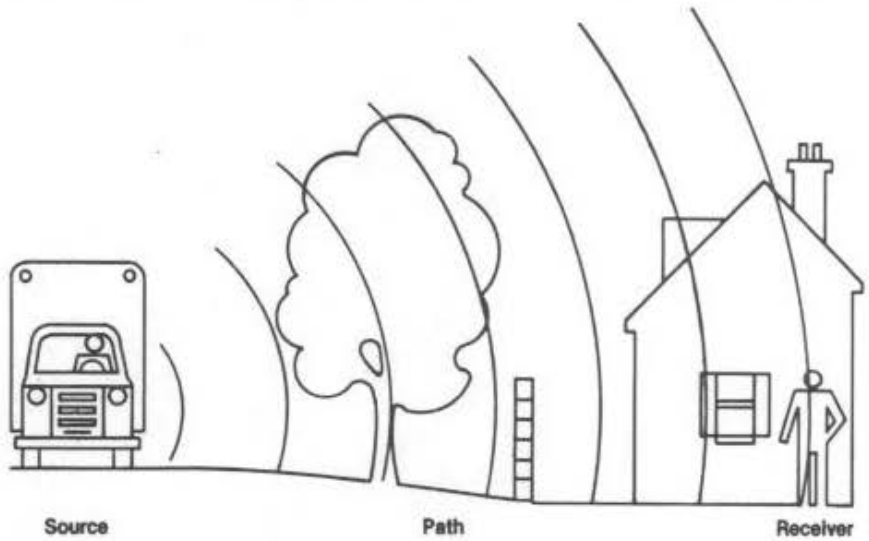
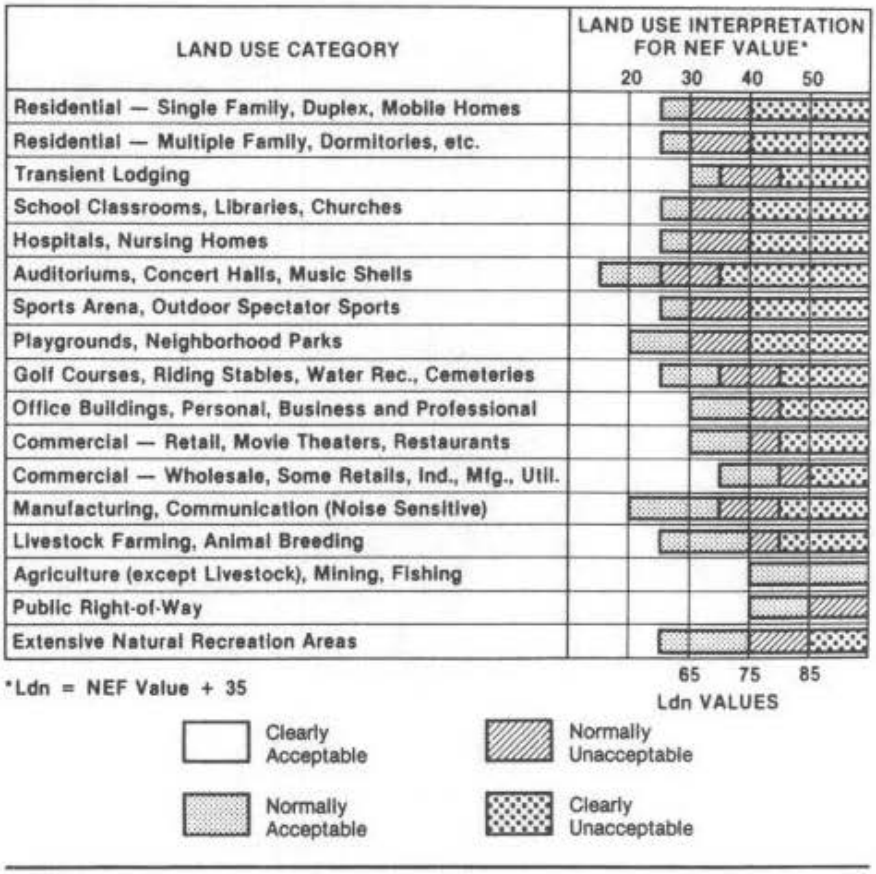


Figure 3
Land Use Compatibility Guidelines



The ideal solution to a potential problem is to reduce the noise being produced by the source. The best solution available to HUD, or the community, however, is to make sure that noise sensitive uses are located where they will not be exposed to high noise levels. The next best approach to mitigating noise impact is to attempt to reduce the amount of noise that reaches the receiver. This can be accomplished through the use of barriers such as walls or earthen berms, or combinations of both, along the noise path. If the use of barriers is not possible then the only alternative available is to provide noise reduction measures in any structures associated with the activity so that at least the interior spaces are not exposed to high noise levels. This approach is considered the least desirable because most of the land uses we are concerned about, such as residential, do have outdoor areas and activities associated with them which would remain exposed to high noise levels.

A Note on Descriptors

A key factor in the growth of our ability to evaluate and reduce noise impacts has been the development of better tools to measure and describe the noise levels generated by various sources. The development of better tools (called noise descriptors or metrics) has been particularly important for dealing with community noise problems. Many of the older descriptor systems could only be used for one or two sources such as cars and railroads, but not airplanes. Since the community noise problem very often includes noise from all these sources the lack of an adequate descriptor made it difficult to do an adequate evaluation.

The most advanced descriptor currently in general use is the day night average sound level system, abbreviated as DNL and symbolized mathematically as L_{dn}. The day night average sound level is the 24 hour average sound level, expressed in decibels, obtained after the addition of a 10 decibel penalty for sound levels which occur at night between 10 PM and 7 AM. This nighttime penalty is based on the fact that many studies have shown that people are much more disturbed by noise at night than at any other time. This is not unusual in that background noise is often much less at night and also people tend to be doing very noise sensitive things at night, such as trying to sleep.

Another feature of the DNL system that is very important is that it can be used to describe noise from all sources. Thus, using the DNL system, we can describe the total noise exposure at a site, something many other descriptor systems couldn't do.

The DNL system has been adopted by the EPA, the Department of Defense (DOD) and HUD, and more recently by the FAA, specifically for describing environmental impacts for airport actions. We expect that very soon it will be in almost universal use in the U.S.

Issues

The main issues involved in any noise analysis can be summarized briefly.

- How much noise is a site exposed to
- What types of activities are being affected and how severely
- Is it reasonable to redesign the site to relocate noise sensitive activities
- And, if not, how much protection can be provided through various attenuation measures.

Your approach to these issues will be affected in many ways by the location of the project in question. Projects in suburban or rural areas can be approached differently because the available mitigation options are greater and often the noise exposure itself is not so severe. In urban situations, however, the noise exposure is often more severe but at the same time the options for mitigation or resiting are more limited. In the urban setting innovative design and the use of advanced attenuation measures becomes critical. Fortunately our experience has shown that good design and construction can relieve or substantially reduce major noise problems.

Legal Provisions

General Legislation and Background

The Federal legislation which addresses noise issues is somewhat different from other environmental legislation. The Clean Air Act, for example, required the Environmental Protection Agency to set up actual mandatory standards for air quality which were supposed to be met by all jurisdictions. EPA even has the authority to take punitive steps against cities which are not making "reasonable further progress" towards achieving these air quality goals. There is no similar legislation that covers noise. The approach has been to tackle the noise problem at the source by controlling the amount of noise that can be emitted by the individual airplane engine or the individual jackhammer. Agencies like HUD or the Farmers Home Administration have developed regulations which are related to the overall community noise level, but they only affect their own programs and are not binding on local communities. The Veterans Administration program only relates to aircraft noise and also only affects its own programs.

The major pieces of Federal legislation related to noise include:

The Noise Control Act of 1972 directed EPA to promote an environment for all Americans free from noise that jeopardizes their health and welfare. It also included a requirement for EPA to set a criterion for noise level adequate to protect health and welfare with an adequate margin of safety but without regard to cost or feasibility.

Quiet Communities Act of 1978 amended The Noise Control Act of 1972 to encourage noise control programs at the State and community level.

Federal Aid Highway Act of 1970 established the requirement that noise control be a part of the planning and design of all federally aided highways.

Aviation Safety and Noise Abatement Act of 1979 requires FAA to develop a single system for measuring noise at airports and under certain conditions to prepare and publish noise maps.

HUD Regulations

While the Department of Housing and Urban Development has no specific responsibility to try to reduce the noise problem at the source the way the Environmental Protection Agency and the Federal Aviation Administration do, it does have the responsibility to be aware of the noise problem and its impact on the housing environment. The most basic mandate which drives the Department's involvement with the noise issue is the Housing Act of 1949 (Public Law 81-171) which sets forth the national goal of "a decent home and suitable living environment for every American family." This goal was affirmed by the Housing and Urban Development Act of 1968 (Public Law 90-448). The Department was tasked by the Housing and Urban Development Act of 1965 (Public Law 89-117) "to determine feasible methods of reducing the economic loss and hardships suffered by homeowners as a result of the depreciation in the value of their properties following the construction of airports in the vicinity of their homes." The Noise Control Act of 1972, in addition to its specific tasking to EPA, tasked all Federal agencies to administer their programs in ways which reduce noise pollution. Finally, the Department is tasked by Federal Management Circular 75-2: *Compatible Land Uses at Federal Airfields* to make sure that its actions do not promote incompatible land uses around Federal airfields.

All of these legislative and regulatory mandates combine to create a serious requirement for the Department of Housing and Urban Development to be aware of the problem of noise and to take positive steps to protect residential and other sensitive land uses from high noise levels.

The Department of Housing and Urban Development first issued formal requirements related specifically to noise in 1971 (HUD Circular 1390.2). These requirements contained standards for exterior noise levels along with policies for approving HUD supported or assisted housing projects in high noise areas. In general the requirements established three zones: an acceptable zone where all projects could be approved, a normally unacceptable zone where mitigation measures would be required and where each project would have to be individually evaluated for approval or denial, and an unacceptable zone in which projects would not, as a rule, be approved.

In 1979, the Department issued revised regulations (24 CFR Part 51B) which kept the same basic standards but adopted new descriptor systems which were considerably advanced over those in use under the old requirements.

HUD's regulations also require that recipients of Community Development Block Grants (CDBG) and Urban Development Action Grants (UDAG) take into consideration the noise criteria and standards in the environmental review process and consider ameliorative actions when noise sensitive land developments are proposed in noise exposed areas. If CDBG or UDAG activities are planned in a noisy area, and HUD assistance is contemplated later for housing and/or other noise sensitive activities, the HUD standards must be met for those activities.

Project Analysis

General

While most of the analysis for noise focuses on noise sources located around the project site, there are some characteristics of the project itself that you should know about. These characteristics will help you to determine what is called the noise assessment location (NAL) for site analysis. (The NAL is a representative point (or points) on the site where significant noise exposure is expected. All distances, etc. are measured from the NAL). This information will also be helpful later in evaluating the potential for mitigating or reducing the impact of noise. All of this data should be available from preliminary plans and specifications. If not, a quick phone call to the developer/sponsor should get you all the information you need.

Data Required

- Location of outdoor noise sensitive uses relative to the noise source.
- Location of buildings containing noise sensitive activities.
- Location of other buildings, particularly ones which might serve to shield sensitive buildings or areas from the noise source.
- Design and construction features of buildings, particularly features such as use of central air conditioning which could provide noise reduction benefits by permitting windows to be kept closed.

Analysis of Site and Environs

General

The primary focus of this impact analysis is on noise sources and the primary item to be determined is the noise level created by those sources. In many instances, particularly with airports, data on the noise levels generated by the source will have already been prepared by another agency such as the airport operator, the local or State highway/transportation department or other similar agency. (Figure 4 shows typical airport noise contours.) In those cases no site or environs analysis is necessary and one can proceed directly to impact analysis. For those instances where there are no current data already prepared, the Department of Housing and Urban Development has developed a handbook called the *Noise Assessment Guidelines* which contains a detailed desk top methodology for use by individuals to determine noise impacts (see Chapter 5). Included in the handbook is a complete listing of the data about the site and its environs that are necessary to conduct an analysis. We don't want to repeat all the detailed requirements here, but the following are some of the types of information you would have to collect if you were to do your own analysis. You might note that most of the information is related to the noise sources themselves.

For the purpose of analysis, the *Noise Assessment Guidelines* require that you consider all military/civilian airports within 15 miles of the project, all significant roads within 1000 feet and basically all railroads within 3000 feet.

Types of Data Required

- Number and type of vehicles
- Operational data:
  - speed
  - daytime/nighttime split
- Conditions where the vehicles are operated, i.e., freely flowing traffic versus stop and go, level versus hilly, welded railroad track versus bolted railroad track.

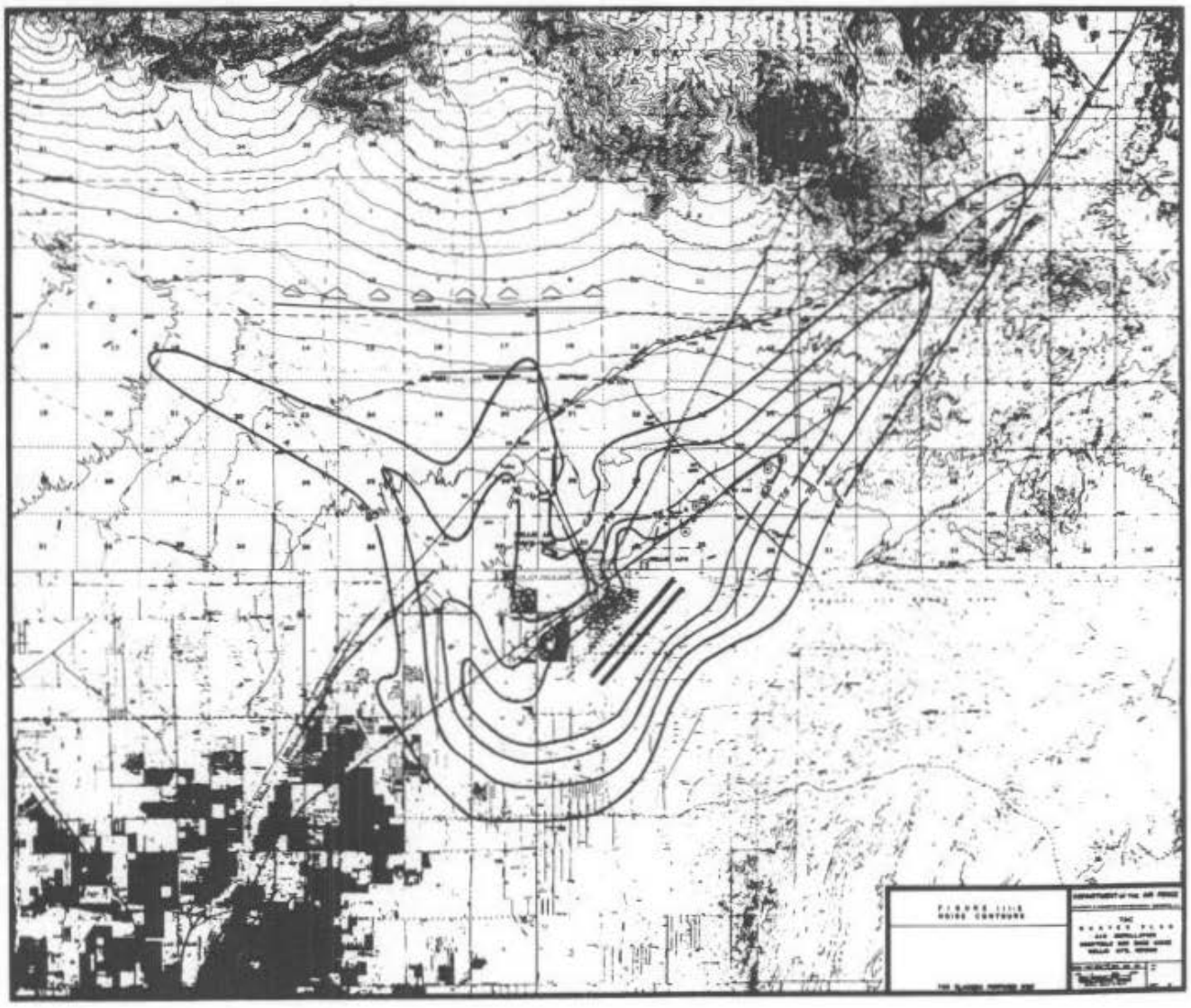
The *Noise Assessment Guidelines* contain guidance on sources for this data. Most of them are obtained from the "operator" of the transportation source. The *Guidelines* also contains model figures which can be used when actual data is unavailable. For example, if the actual number of vehicles traveling at night is not available then the *Guidelines* state that a figure of 15% should be used. Thus it is possible to make reasonably accurate noise level determinations even if some information is not available.

Determination of Impact

General

The specific procedures for determining the noise exposure levels for a site are clearly spelled out in the *Noise Assessment Guidelines*. The process is a fairly simple one in which the noise level from each source affecting the site is calculated and then combined to derive the overall exposure. If some kind of barrier exists or is proposed, the noise levels can be adjusted to reflect the mitigation provided by the barrier. The overall noise level is then compared to HUD's standards and the appropriate action, as spelled out in the regulations, is taken.

Figure 4
Noise Contours



Evaluation of Impact

HUD Regulations set forth the following exterior noise standards for new housing construction assisted or supported by the Department:

65 L_{dn} or less - Acceptable

Exceeding 65 L_{dn} but not exceeding 75 L_{dn} - Normally Unacceptable - appropriate sound attenuation measures must be provided: 5 decibels attenuation above the attenuation provided by standard construction required in 65 L_{dn} to 70 L_{dn} zone; 10 decibels additional attenuation in 70 L_{dn} to 75 L_{dn} zone.

Exceeding 75 L_{dn} - Unacceptable

HUD's regulations do not contain standards for interior noise levels. Rather a goal of 45 decibels is set forth and the attenuation requirements are geared towards achieving that goal. It is assumed that with standard construction any building will provide sufficient attenuation so that if the exterior level is 65 L_{dn} or less, the interior level will be 45 L_{dn} or less.

Once you have determined the overall noise exposure for the site you compare it to the above standards. If the overall site exposure is 65 L_{dn} or less the project is acceptable. If the exposure is between 65 L_{dn} and 75 L_{dn} you should consider alternative locations or providing adequate attenuation with the first preference, as we've noted, being for the construction of some kind of barrier to prevent noise from reaching the site. If providing adequate attenuation is impossible or impractical then the project should be considered unacceptable.

Suggested Mitigation

General Considerations

As discussed briefly earlier, there are three basic approaches for mitigating the high noise exposures. The first and best is to relocate noise sensitive uses out of the high noise area. The second is to prevent noise from reaching the noise sensitive user through some sort of barrier. And the third, and least desirable approach, is to provide attenuation for at least the interiors of any buildings located in the high noise areas.

Specific Considerations

Relocating Noise Sensitive Uses

By far the most desirable mitigation approach is to relocate noise sensitive uses out of the high noise area although. If the site is large enough it may be possible to locate non-noise sensitive uses between the source and the sensitive use, for example a parking lot might be located between a road and a park (see Figure 5). The workcharts in the *Noise Assessment Guidelines* can be used in reverse to tell you exactly how far away from the noise source you need to be.

When sites are small, very dense or when the source affects the entire site it is very difficult to mitigate by changing the site plan. Then the next option must be considered: erecting some type of barrier between the source and the receiver.

Barriers

Barriers are most effective for at or below ground level sources. They have no effect on noise from aircraft overflights and are limited in practical application with elevated sources such as elevated trains. The key to the effectiveness of a barrier is whether or not it breaks the line of sight between the source and the receiver. If a barrier does not completely break the line of sight either because it is not high enough, or not long enough then its effectiveness is greatly reduced.

Barriers can be actual walls, earthen mounds (called berms) or even other buildings. The use of other non-noise sensitive buildings as barriers is a particularly good approach in that it need not add to the cost of the project and may not create the aesthetic problem a large wall might create (see Figure 6).

Figure 5
The Audible Landscape

In cluster development, open space can be placed near the highway to reduce noise impacts on residences

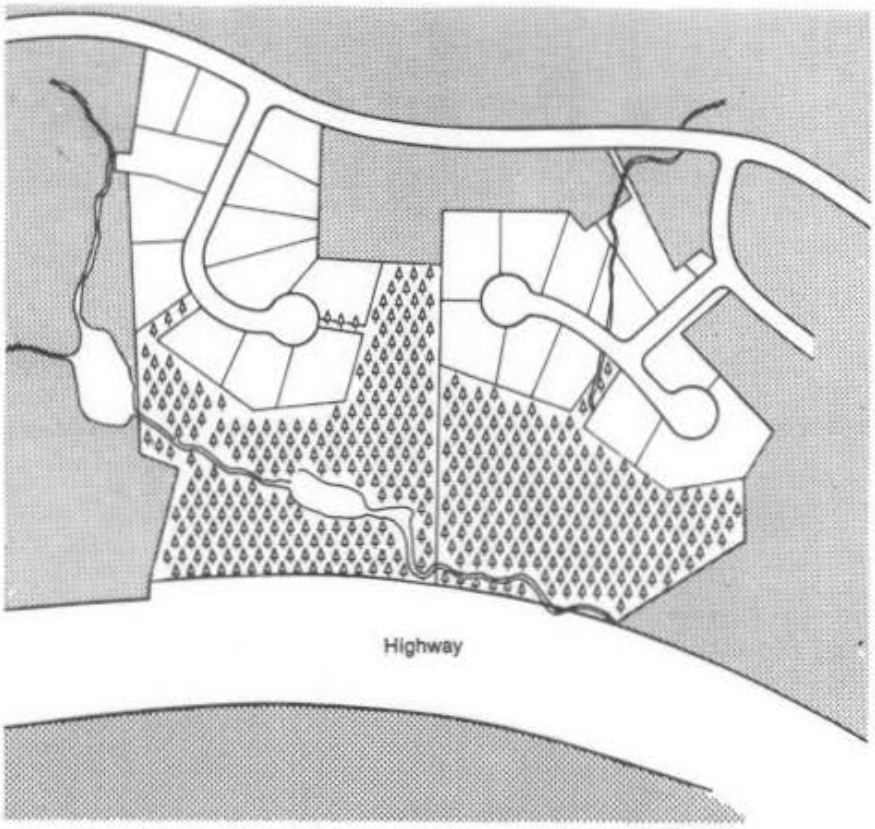


Figure 6
The Audible Landscape

Placement of noise compatible land uses near highway in Planned Unit Development

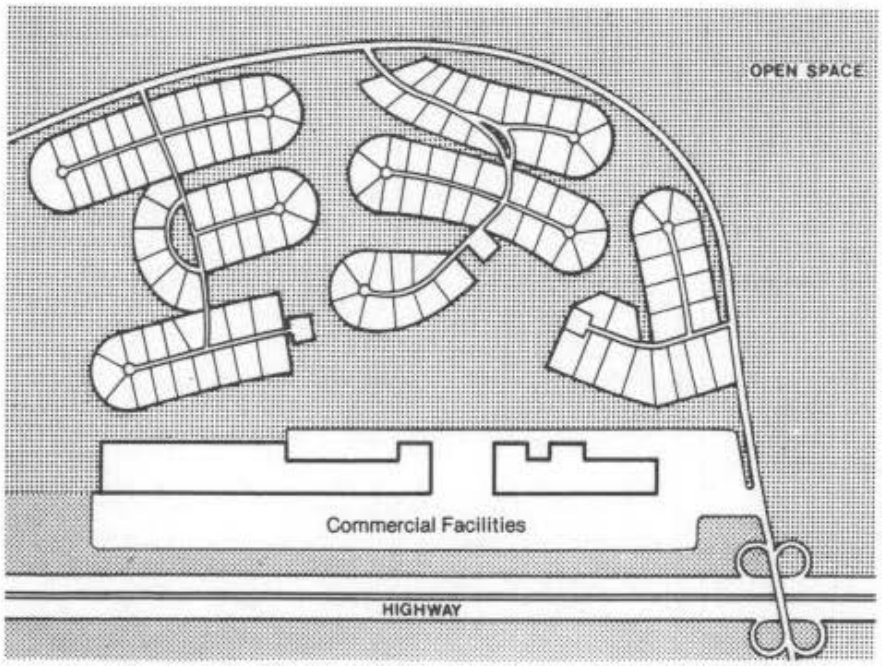
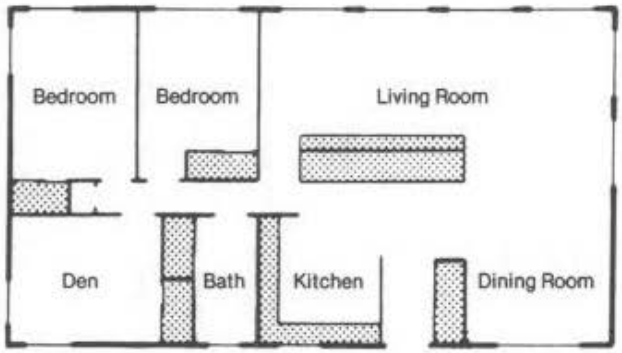


Figure 7
The Audible Landscape

Use of acoustical architectural design to reduce noise impacts on more noise sensitive living spaces



Highway

As pointed out earlier, the effectiveness of a barrier is determined in large part by its height and length. Some studies have shown that the effectiveness of a barrier can be reduced by as much as 50% if it isn't long enough. Again, the *Noise Assessment Guidelines* contain procedures for determining the effectiveness of barriers.

Incorporating Noise Attenuation Measures into the Building

If neither relocation or barriers is a reasonable noise attenuation option, the last resort is to incorporate noise attenuation measures into the buildings themselves. This is not considered the best solution because it leaves the outdoor areas, some of which may be for quiet recreation, exposed to high noise levels. But if development **must** take place and barriers are impossible, then the noise attenuation measures should be employed in building design and construction.

Without going into great technical detail, noise attenuation construction measures generally fall into four categories.

(1) Reducing the total area of windows or other acoustically weaker building elements

(2) Sealing off "leaks" around windows, doors, vents.

(3) Improving the actual sound attenuating properties of small building elements such as windows, doors, etc.

(4) Improving the actual sound attenuating properties of major building elements such as roof and wall construction.

In addition, noise attenuation in buildings can be provided by designing interior spaces so that "dead" spaces such as closets or corridors act as buffer zones (see Figure 7). And finally noise attenuation can be provided by reducing the need for open windows by providing air conditioning.

Many of the steps that would be taken to provide noise attenuation also help conserve energy. Good weatherstripping around windows and doors is one example. Another might be reducing window areas in walls if the noise source is to the north or west. Because many of these measures serve two purposes, they should not necessarily be considered a burdensome requirement but rather just good design and construction.

Information Resources

Publications

HUD Regulation 24 CFR Part 51 Subpart B – Noise Abatement and Control.

Noise Assessment Guidelines, HUD 1983, basic technical procedural resource.

Aircraft Noise Impact, HUD 1972, a bit dated but good overview of problem.

The Audible Landscape, DOT (FHWA) 1974, an excellent discusson of mitigation measures including land use planning and building design and construction.

Information on Levels of Environmental Noise Requisite to Protect Public health and Welfare With an Adequate margin of Safety, EPA, 1974. The "levels document" that explains basis for EPA standards.

Noise Barrier Design Handbook, Federal Highway Administration 1976. Good discussion of barriers, technical but readable.

Handbook of Noise Control, 2nd edition, 1979, McGraw Hill. A basic technical handbook covering all aspects of noise for those who wish to go into the subject further.

Experts

HUD environmental officers have been trained in the use of the *Noise Assessment Guidelines* and can help you work with them. Many architects are trained in acoustics and can help in development of noise attenuation strategies.

Quiz

Questions

1. Why is noise considered "unwanted sound"?
2. What is a community noise problem?
3. What are the three main contributors to a community noise problem?
4. What are the three components of a noise problem?
5. What are two key characteristics of the day-night average sound level descriptor system?
6. What are HUD's noise standards?
7. How do HUD's standards apply to CDBG recipients?
8. What are the three general mitigation measures available to HUD and the community and in what order of preference?
9. When are barriers effective and when are they not effective?
10. Describe how the *Noise Assessment Guidelines* can be used to determine appropriate mitigation measures.

Quiz

Answers

1. because it interferes with normal activities or causes physical or psychological damage
2. a community noise problem is where the combined effect of many individual sources creates an overall noise level that is unacceptable
3. highways, railroads and aircraft
4. the source, the path, the receiver
5. it is an average sound level and it can be used for all sources
6. 65 L_{dn} or below: Acceptable
   65 to 75 L_{dn}: Normally unacceptable, noise attenuation measures required, above 75 L_{dn}: Unacceptable
7. CDBG recipients must take into consideration the standards in their planning and environmental review, if they expect to use HUD assistance later for housing or other noise sensitive activities the standards must be met for those activities.
8. 1st relocate noise sensitive uses
   2nd reduce noise reaching receiver
   3rd redesign buildings
9. barriers are effective for at or below ground level sources. Are not effective for aircraft overflights or most elevated sources
10. can be used to determine separation distance required for relocation and the height and length of barriers required