

Hazard: Noise

Identity of Hazard(s): Noise in the home is a common complaint; a national noise attitude survey found that one in three people said that environmental noise disturbed their home lives to some extent. Poor workmanship in construction or conversion, particularly to partition and party walls, can reduce the sound decreasing properties of a structure.¹

Primary Health Outcome(s): Psychological disturbances¹

Health Alert! The best understood effects of noise are psychological disturbances and physiological changes resulting from annoyance and sleep disturbance. Typical health effects are stress responses, sleep disorders and lack of concentration. Headaches, anxiety and irritability are also associated with noise induced stress, and the effects of sleep disturbance may affect mood the following day.¹

Gain Control: Actions You Can Take¹

- To prevent problems from traffic and other outside noise, the level of insulation should be appropriate to the ambient noise levels. Insulation of the upper floor ceiling and roof space is important where aircraft noise is likely.
 - Noise from plumbing, including from water pipes, can be reduced by siting them away from a separating wall.
 - Separating walls and floors, particularly in apartments and condos, should be properly constructed to reduce sound.
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Local Resources for Detroit Residents:

- CLEARCorps Detroit: (313) 924-4000
- If renting, call Detroit Buildings, Safety Engineering and Environmental Department (BSEED): (313) 628-2451
- Detroit Planning and Development Department (CDBG Home Repair Program): (313) 224-3461
 - Must be homeowner with homeowners insurance and be current on property taxes

¹http://portal.hud.gov/hudportal/documents/huddoc?id=operating_guidance_hhrs_v1.pdf