

The Francilophone

Newsletter of Bruitparif, the noise observatory in Ile-de-France

10
Nov. 2010

Editorial

As a new regional representative, I am pleased to join a dynamic team whose work contributes to a better knowledge of the sound environment in Ile-de-France.

In the recent news, the TNS Sofres study, published by the Ministry of Ecology, Energy, Sustainable development and Sea, shows that 2 out of 3 French people say that they are annoyed by noise at home. These results confirm the necessity to monitor the evolutions of noise levels, to inform the general public and to coordinate exchanges between the different entities involved. This is actually the subject of the call for projects launched last July by Chantal Jouanno, Secretary of State in charge of Ecology, with the objective to create 3 or 4 observatories on the model of Bruitparif and Acoucite (the Grand Lyon observatory) by 2011.

In order to make its actions more visible, to efficiently support the decision-makers in their fight against noise nuisances and to make people aware of the quality of their sound environment and the prevention of hearing risks, Bruitparif has set up a new website full of useful contents. If you have not visited it yet, this latest issue of our newsletter should help you discover it and, hopefully, appreciate it.

You will also find out about the current activities of the observatory: the growth of the measurement network RUMEUR, the development of the Forum of the Ile-de-France Entities for a better management of the sound environment and the different awareness actions organised by the team.

I hope you will enjoy reading this.

Abdelali Meziane
President of Bruitparif



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A new website
for **Bruitparif**

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A new website for Bruitparif

Ergonomic, pedagogical, interactive, educational and entertaining: these were the objectives set by Bruitparif for the revamping of its website. In order to replace its first website, developed in-house for the creation of the observatory, the team has opted for a tool focused on the needs of its users. Does it meet the challenge? It is up to you to decide.

You will find out a wide range of contents and operational tools aimed to meet the expectations of the decision-makers, the general public, teachers, information relays and the press: knowledge on the sound environment, actions against noise, noise and health relations... the website deals with all the questions the users wonder about.

of each audience.

For instance, in the **"Actions against noise"** section, local authorities will find many resources on the implementation of the European directive on environmental noise, regulations and measures against noise nuisances.

The **"Sound environment"** section, written for a wide audience, provides the essential to know about decibels, from the perception to the addition of sounds.

In order to meet the needs of teachers and information relays, the physics of sound has been translated into easy and entertaining experiments that can be reproduced in class or at home.

The users can also learn more about noise assessment methods (modelling, measurements, indicators) and share right habits so that noise is not inevitable at home or in the public space.

downloaded from the website and pictures can be selected from the photo library to illustrate documents.



Get to the basics or go into detail

Every section of the website opens with a page that gives an overall view of the informative content available.

There are two levels of content:

- **Easy-to-understand contents** on the screen pages in order to grasp the contents available at a glance.
- **Detailed contextual contents**, accessible on every page, classified in the Regulations and Useful documents tabs and gathered in the "Resources" section.

A section available from the homepage is dedicated to noise in Ile-de-France: key data, assessment and perception of the noise, noise maps already published, noise policies...

This section will be completed by the end of the year with 2 advanced applications: an online platform to display the data of the measurement network RUMEUR and an interactive cartography tool.

The website gives a lot of room to information: the current activities of Bruitparif and its members, regulations, new studies in terms of noise and health, coming events... We are keeping an active watch to inform you.

Meet the expectations of each audience

The access to the information is organised to meet the specific expectations



In the **"Noise and health"** section, people wanting to know more will find all the useful information on how the ear works, the effects of noise on hearing but also its other lesser-known effects. In this part, a particular focus is made on the risks related to amplified music.

A space dedicated to the **press** has been created. Press releases and kits can be

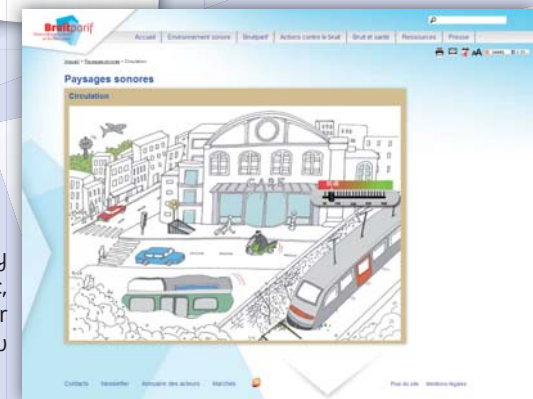
Interactive and entertaining website

If the new Bruitparif website gives particular care to the ergonomics and the optimisation of the access to information, it also leaves a lot of room for graphics, as you can see with the videos playing on the homepage.

For the entertainment aspect, 2 animations have been specifically conceived to make the general public aware of the sound environment and hearing risks.



Entertaining...
and informative
animations!



With the **“Noise dose”** animation, according to your profile, you can select your activities in a 24-hour day, calculate the noise dose you received and, if need be, get the related recommendations.

“Soundscape” offers 6 scenes from daily life (home, city, nature, education, traffic, hobbies). By hovering over them, the user can listen to the different sounds and know the related noise level.

Complementary online services

Many functionalities have been implemented:

- **practical functionalities** on every screen page: print, save as a PDF, send to a friend, share with the social networks, zoom in...
- **polls** to improve knowledge on the quality of the sound environment in Ile-de-France.
- **“Did you know?” information** to learn in a fun way.
- **a contact form** to detail your request and attach a file if need be.

- **the subscription to the newsletter** to receive the latest news by email every month.

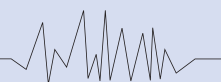
Finally, **the Directory of entities** is a true mine of information on all the stakeholders for a good management of the sound environment: national entities, State services in Ile-de-France, regional organisations, local authorities, economic activities, associations...

Within the next few weeks, a new space dedicated to Bruitparif’s members and institutional partners, the “Forum of the Ile-de-France Entities,” will be added to the website.

By the end of the year, the online platform to display the data of the measurement network RUMEUR and the interactive cartography tool will open.

An English version of the portal for the general public will be available as well.

We will keep you informed of these upgrades. In the meantime, go subscribe to the newsletter, the first issue will be sent in November!



FOCUS

The Resources space: a mine of downloadable contents updated regularly

- **Bruitparif publications:** institutional documents, information files, progress reports, Francilophones...
- **Bruitparif measurement reports** classified according to the dominant noise source on the site studied: road, rail or air traffic noise, industrial noise, leisure noise, neighbourhood noise...
- **Bruitparif study reports:** reports presenting the results of measurement campaigns carried out on specific issues or operations organised by Bruitparif...
- **Noise maps:** the noise maps published by the authorities in charge for the Paris agglomeration and the State services, sorted by department.
- **Action plans:** the financial aids, examples of specifications, the action plans published in Ile-de-France...
- **Regulations:** the Noise Law of 1992, the European directive, regulations specific to road, rail and air noise, motorcycle noise, school buildings, concert halls and nightclubs...
- **Methodological guides:** guides to help make noise maps, action plans, acoustic diagnoses, reference documents on quiet areas, the management of noise in urban development and planning...
- **Studies:** "Perceptions of noise in Ile-de-France" - ORS 2009, "Health and environment in Europe" - WHO...

Techno Parade 2010: higher levels this year

For the fourth year in a row, Bruitparif worked to make Techno Parade a festive event without hearing risks.

After the success of last year's system, Bruitparif installed 4 sound level displays again on posts along the way.

Visible by everyone, the displays gave the sound level in decibels in real time and showed prevention messages:

- green signal: acceptable sound level;
- yellow signal, from 85 decibels: it is strongly advised to wear earplugs;
- red signal, beyond 105 decibels: it is urgent to go away from the speakers.

The audience could then know, at any time, the sound volume generated and take the relevant precautions. This information was particularly useful this year as the sound levels measured were higher than for the previous editions.

The participants benefited from ear plug pairs distributed for free along the way by the volunteers from Technopol, the association organising Techno Parade. For the occasion, Sperian had offered 44,000 pairs.

To know more about this: download the report on www.bruitparif.fr (section "Resources" / Bruitparif study reports / French only)



The noise monitoring network "RUMEUR" is growing on the Ile-de-France territory

If some territories have already been documented, an acoustic diagnosis is currently under way for others in order to locate where to install permanent stations in accordance with the strategic monitoring plan.

The situation of the network in Ile-de-France

In **Seine-Saint-Denis** (93), 5 stations have already been installed in two different monitoring contexts: the first one deals with the noise of transportation infrastructures and is located on the territories of Pierrefitte and Villetaneuse. The second one is aimed at monitoring the noise of events around the Stadium of France (see Francilophone 9). The deployment of other stations is being studied, especially to monitor road noise.

In **Hauts-de-Seine** (92), several stations have been installed within the framework of the environmental charter of the Paris-Issy-les-Moulineaux heliport, particularly in Issy-les-Moulineaux, Meudon and Sèvres (see Francilophone 8). Other towns such as Boulogne-Billancourt, Rueil-Malmaison and Puteaux have started documenting several areas of their territories for different issues (roads - rail - works) thanks to semi-mobile stations.

In **Essonne** (91), the network is coming to life in the Eury Centre Essonne agglomeration community. A road noise monitoring station is working in Ris-Orangis while another will soon be deployed in Eury-Courcouronnes along the A6 motorway.

In **Yvelines** (78), the installation of a new station to monitor aircraft noise is planned in the town of Vélizy-Villacoublay. Initial measurements have been carried out around some light aviation airports like Toussus-Le-Noble, Saint-Cyr and Chauvenay, before the implementation of a wider documentation of the issue during 2011. A semi-mobile station is also working in Conflans-Sainte-Honorine in order to document areas subjected to road or rail noise.

In the other Ile-de-France departments, **Val de Marne** (94), **Seine-et-Marne** (77) and **Val d'Oise** (95), Bruitparif is preparing the deployment of permanent stations by drawing up a strategic noise monitoring plan, based on an analysis of the noise maps and the prospective elements available.

The city of **Paris** has entrusted Bruitparif with the mission to deploy its measurement stations so as to monitor the evolution of noise in strategic spots of the capital. In the end, a dozen sites will be equipped with permanent stations in order to provide precise, long-term knowledge on environmental noise for the following issues:

- Road noise: Saint-Michel neighbourhood (5th district), Chapelle boulevard (18th district), Paris ring road - Bagnolet Gate (20th district).
- Rail noise: Lyon train station (12th district).
- Air noise: Pullman hotel (15th district) and Orléans Gate (14th district) to monitor the noise of the Issy-les-Moulineaux helicopters, Montmartre neighbourhood (18th district) to monitor the noise of airplanes.
- Quiet areas: André Citroën park (15th district), Halles neighbourhood (1st district).

At the same time, Bruitparif has finished exploiting the results of the wide measurement campaign (more than 100 measurements carried out) in the airport study areas for the SURVOL project. The results will be published in the next issue of the Francilophone.

One of the objectives of the RUMEUR project is to make these data available. The display of the noise levels in real time will be accessible from the Bruitparif website very soon.



Towns and agglomeration communities now part of Bruitparif's members

In order to develop the Observatory and to fight against noise with more efficiency, it is necessary to share knowledge, data, studies and experience within a space dedicated to expertise and dialogue.

This is the objective of the "Forum of the Ile-de-France Entities for a better management of the sound environment" initiated in the last few months. We have already started working on methodologies to make territorial diagnoses and to take into account multi-exposure situations.

For this observatory to live and grow, Bruitparif needs the talent and the participation of all the entities involved, each one at their level, in the fight against noise. About twenty towns and agglomeration communities have already shown interest in becoming Bruitparif's members.

Membership provides

- A voting right in our general meeting. You will then be able to take part in Bruitparif's major orientations and the definition of our work programmes and our projects.
- A restricted access to a resource place and exchange centre on our website and a reinforced technical support to see your projects through and to improve your practices in terms of management of the sound environment (access to methodological guides, invitations to professional seminars or conferences we organise).
- A privileged access to awareness tools and best practice guides Bruitparif will develop.
- Daily information on our actions and the news regarding noise in Ile-de-France thanks to our website, our newsletter and our other information and communication documents (study reports, progress reports...).

If you are interested, you can contact us at
+33 (0)1 75 00 04 00 or contact@bruitparif.fr

Interview with Sébastien TURRA,

Environment Department
from the town of Vitry-sur-Seine

You have just finished the specifications for your action plan. How did you proceed?

Before initiating this process, we had to acquire the necessary knowledge to make an action plan (take part in conferences, training sessions, read many documents). And yet, writing the specifications was a bit difficult due to the lack of feedback on this topic.

Nevertheless, we managed to finish this work thanks to Bruitparif's contribution and the collaboration of the different departments of my town.

What are the next steps?

At the beginning of September, we published our call for tender, which will lead to the choice of a contractor in October. Then, we will contact the Ile-de-France Regional council in order to obtain subsidies for our action plan.

We are planning to begin the project in the first quarter of 2011. The duration of this study is set at 10 months, which will be distributed equitably between carrying out the preliminary studies and writing the draft action plan.

How will you be organised?

A steering committee will gather the partners involved in the process, especially the town representatives, the managers and the partners. Its objective will be to help the project develop by orienting the studies, and by validating the proposals of the technical committee. Thematic sub-working groups will be organised according to the issues tackled in the project. All these meetings will be managed by our contractor.

What are your expectations?

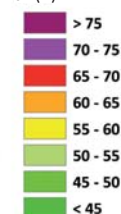
The local noise policy was initiated long before the European directive with the implementation of a local plan to manage the sound environment. The action plan is a logical follow-up to the range of actions launched by the town to fight against noise on its territory.

To that end, we expect Bruitparif to support us during the whole process with its expertise and know-how in the matter.



Road noise map from Vitry-sur-Seine

Map key
Noise levels
dB(A)



the MP3 player tests

1 out of 5 teenagers already suffers from hearing loss. This is the alarming finding of a study published recently by a team of US researchers in the Journal of the American Medical Association (see Live news p.8). If the study does not establish a direct link with the use of MP3 players, it is one of the explanations considered by the researchers...

Teenagers seem to know about the hearing risks related to amplified music, but this remains an abstract concept for them. They tend to think that it only happens to others.

Faced with this problem, and in order to make them aware of their level of daily sound exposure, Bruitparif will be present for an "MP3 player workshop" every first Thursday of the month from 2 pm to 5 pm

at the Paris CIDJ (Youth Information and Documentation Centre).

This workshop brings a concrete dimension to the issue. Teenagers can test the sound level of their own device, at the volume they usually listen to it.

According to their daily listening time, the Bruitparif team can then tell them if they are in a dangerous situation and give them

personalised advice if need be. Bruitparif has already set up this type of workshop during presentations in Ile-de-France junior and high schools, but also during events related to sustainable development and health (Health-Environment Fair...).

Teenagers usually show a genuine interest in the results, surprised by the high sound levels measured, and often say that they will be more cautious from then on.

How loud should you listen to your MP3 player?

First of all, you need to know that the harmfulness of noise depends both on its intensity but also on the duration of exposure. According to the "Noise at work" regulations, you should not be exposed to 85 decibels for more than 8 hours a day or to 100 decibels for more than 15 minutes a day.

However, according to the noise awareness campaign organised by Bruitparif in Ile-de-

France high schools, 54% of the students listen to their MP3 players above 85 decibels and are potentially in a risky area.

7% listen to them above 100 decibels, whereas, according to French regulations, the level of MP3 players (with its original earphones) must not exceed 100 dB(A). But some teenagers are equipped with devices unlocked or bought abroad.



Some practical advice

The students who are exposed to a significant daily noise level (transportation noise in dense urban areas, workshop noise in technical and professional high schools) tend to increase the volume of their MP3 players to hear their music properly and not to reduce it any more afterwards. The Bruitparif team then recommends them to use closed headphones, which block

external noise and avoid raising the sound excessively.

Generally speaking, you should not go beyond half the volume of your MP3 player and never listen to it at full blast. For the record, an MP3 player at full blast generates as much noise as a chainsaw.

In any case, it is important to limit your duration of exposure and take regular breaks in a quiet zone to rest your ears.

At the end of the workshop, earplugs are distributed, as well as information leaflets on the precautions to take during a concert or in a nightclub.

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The acoustic manikin

The MP3 player workshop is made up of an acoustic head and a laptop. The earphones of the MP3 player are placed on the manikin's ears, which both contain a noise sensor. These artificial ears reproduce the shape of the ear canal so that the measurements correspond to the way a human being perceives noise.

The computer is equipped with a noise level measurement and analysis application. The data are saved in a base so as to follow the evolution of the situation in Ile-de-France and to make them available to doctors and researchers. Thanks to a pedagogical interface developed by Bruitparif, the daily listening time recommended for the sound level measured is displayed directly on screen. It is also possible to carry out live tests in order to recommend a more suitable volume to limit risks and for teenagers to keep enjoying music.



1 out of 5 US teenagers suffers from hearing loss

A team of US researchers has just published a study regarding the hearing of US teenagers in the Journal of the American Medical Association.

By comparing the results of 2 campaigns carried out respectively between 1988-1994 (2928 adolescents aged 12 to 19) and 2005-2006 (1771 adolescents), they revealed worrying results.

1 out of 5 teenagers suffers from hearing loss corresponding to the hearing capacity of a 50 or 60-year-old, an increase of 30% compared with the results of 1988-1994. Moreover, **1 out of 20 suffers from a serious hearing loss** liable to disturb their education, an increase of 70% compared with the study carried out 15 years ago.

This hearing loss is more frequent among boys, as well as teens from families living below the poverty line. High frequencies (high-pitched sounds) are affected more often than low frequencies (low-pitched sounds).

Noise annoys 2 out of 3 French people

According to the TNS Sofres study, conducted for the Ministry of Ecology, Energy, Sustainable development and Sea, published on June 29th, 2010, 2 out of 3 French people say that they are annoyed by noise at home and nearly one out of six (1 out of 5 in the Paris agglomeration) has already been annoyed to the point of considering moving out.

Noise-related annoyance affects people's behaviour and mood. 26% of French people have already been disturbed by noise to the point of not falling asleep or back to sleep, 26% of not being able to focus on their activities and 25% of being very tired.

Transportation, and in particular road traffic, is considered to be the main source of noise nuisances. 54% of French people think that the main source of noise nuisances is related to transportation, 21% to behaviour and 9% only to industrial and commercial activities.

Decoding

The decree on helicopters comes to life!

18 years after the Noise Law, the implementing decree limiting helicopter traffic in areas with a high density of population has just been published.

The article L571-1 of the French Code of the Environment planned on limiting the noise nuisances resulting from helicopter traffic in areas with a high density of population by prohibiting training flights coming from or going to the airfields located in these areas as well as, above the same areas, return scenic flights nonstop or with a stop of less than one hour.

The decree No. 2010-1226 of October 20th,

2010, specifies the territories where this limitation applies by defining the areas with a high density of population as the agglomerations with an average width above 3600 metres appearing on the aeronautical map of the ICAO (International Civil Aviation Organisation).

The crews have to follow the low-noise procedures when approaching, landing and taking off at the airfields located in the areas with a high density of population.

In addition, for every airfield affected, specific provisions can be established by ministerial order.

Recommendations

"Bruitparif progress report"

All the environmental noise measurement campaigns carried out in 2009 (permanent measurement network, air noise monitoring, Paris ring road campaign...), the support to local authorities for the implementation of noise maps and action plans required by the European directive, the awareness actions in schools and during major musical events...

Discover all our 2009 activities in this new annual report available for download on www.bruitparif.fr



"Brussels transportation noise atlas"

The Brussels-Capital Region has just published all the noise maps required by the European directive. This atlas contains not only the noise maps related to road, rail and air traffic, as well as multi-exposure, for an overview of the transportation noise in 2006, but also some scenarios for 2015 in accordance with the pro-active policy developed by Brussels-Capital in terms of noise management.

The atlas is available for download on www.bruxellesenvironnement.be



"Journal of school and university health"

Whether you are a doctor, a school nurse, a psychologist, a social worker, a school director or a teacher, this bimonthly journal can interest you.

You will find, among other things, contents on the prevention of hearing risks. If you want to, it is also possible to submit articles to the publisher Elsevier so that they can be published in the journal.

To subscribe to the Journal of school and university health, go to www.elsevier-masson.fr



Agenda

> November 12th-13th, 2010

Bruitparif will be present at the Convention on the night organised on November 12th and 13th by the City of Paris. Different issues will be tackled during these two days: means to make life easier for night workers, transportation, development of the night culture, links with the metropolis, night use conflicts between people going out and local residents wishing to rest... The noise issue and the search for solutions will hold a major place.

> December 14th-15th-16th, 2010

The sixth national assigns of the quality of the sound environment, organised under the high patronage of the Ministry of Ecology, Energy, Sustainable development and Sea, will take place at the Economic, social and environmental council, 9, Place d'Iéna in Paris. Organised by CIDB, this event will be the occasion, with all the entities involved, to assess the actions and the research carried out and to define lines of action for the years to come.



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Director of publication: Abdelali Meziane

Writing: Cathy Lazare, Fanny Miettlicki

Translation: Mélaine Bossat

Design and layout: Diagraphe - diagraphe.fr

Cover photo: Istockphotos

Bruitparif: 9, impasse Milord - 75018 Paris - France

Phone: +33 (0)1 75 00 04 00 - Fax: +33 (0)1 75 00 04 01

Email: contact@bruitparif.fr - <http://www.bruitparif.fr>