



NO MORE NOISE
Toronto

**EX16.1 - Acceleration of the State of
Good Repair Design-Build Contract for
the F.G. Gardiner Expressway
Rehabilitation - Enhanced Congestion
Management Measures**

July 16, 2024

Acceleration is a Good Idea

- Reduces GHG emissions from congestion
- Reduces congestion in nearby residential and arterial roads
- Encourages carpooling and transit use
- Reduces commute time for drivers coming into the city.

Ontario transportation minister pitches 24-hour work to speed up Gardiner construction



By **Isaac Callan** & **Colin D'Mello** • Global News

Posted April 19, 2024 6:00 am · Updated April 19, 2024 12:21 pm · 4 min read



Concern for the LV Residents

“City staff are collaborating with industry experts and the current contractor to identify ways to accelerate the construction work and **mitigate the impacts on traffic and congestion.**”

Measures include:

- adding additional crews
- extending work hours
- supplying additional equipment

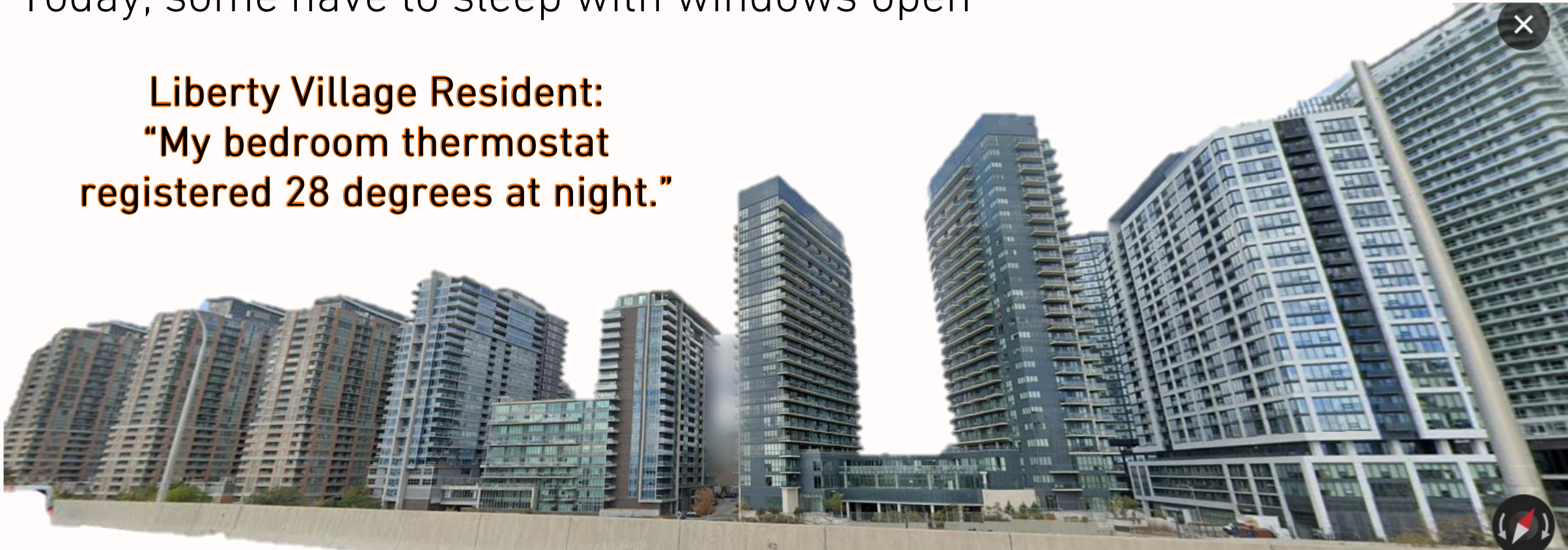
Missing:
while protecting the health
of residents in the area



Unmitigated Noise is a Bad Idea

- A search of all documents resulted in 0 results for “noise”
- Public health of residents has not been considered
- Today, some have to sleep with windows open

Liberty Village Resident:
“My bedroom thermostat
registered 28 degrees at night.”



Why sleep is important

- Nighttime is when our body can rest and recover
- Intermittent noise events have an impact, even if we don't wake up
- Our auditory system is always awake
 - Fight or flight response is triggered
- Nighttime noise is the most harmful.



Noise is emotional

Noise is defined as unwanted and/or harmful sound.

Stresses that both sound perception and the degree of control over the noise source can affect the reaction to noise.

An emotional response to noise (mediated by the amygdala) likely plays a key role in major adverse cardiovascular events.

Source: The effects on sleep play a critical role in the long-term health ...Oxford Academic
<https://academic.oup.com/sleep/article/zsad314>.



Costs of Doing Night Construction – LV Residents

Short term:

- Loss of:
 - focus
 - sleep
 - quality of life
 - productivity
 - control over soundscape
- Increase of:
 - anxiety
 - depression
 - irritation
 - headaches
 - annoyance
 - use of drugs

Long term:

- cardiovascular disease
- diabetes
- cancer
- neurodegenerative disease
- hypertension
- anxiety
- depression
- dementia
- Alzheimer's
- mental health issues



Costs of Doing Night Construction - Other

Commuter:

- No cost

City:

- Increased project costs
- Increased healthcare costs
- Increased mental issues
- Loss of productivity (residents) – long term impacts



Mitigation Techniques

- Quieter equipment and operations
- Metrolinks: acoustic shelter (Bathurst & King)
- Should look at mitigation for all hours to support our Night Economy.



Hydraulic Splitter

“Darda concrete splitters make about as much noise as an electric lawn mower.”



K-Rail Mounted Sound Walls: www.environmental-noise-control.com

“Having spent most of my 45+ years of engineering on municipal projects, I find it outrageous to hear City councilors advocating for abolishment of noise by-laws while ignoring the wellbeing of whole neighborhoods along the way.” ~ Etobicoke Resident



Recommendations

- Consult with Toronto Public Health
- Make noise mitigation a 24/7 priority to protect night workers
- Make noise mitigation mandatory in the updated contracts
- Use modern equipment and methods to reduce noise
- Educate those impacted on how they can reduce noise exposure
- Make the most noise at a time when impacts people less (10 am to 4 pm?)



Let's Create a Better Toronto by Reducing Noise



www.nomorenoisetoronto.com

