

## Spreadsheet explained

**SAFE/UNDER THE LIMIT** You are playing safe, recording *under* the Permitted Maximum Signal (PMS) at all times.

**NORMAL/PEAK LIMITING** You are recording normally, allowing only signal *peaks* to go above the PMS by a few dB. These peaks are then *limited* to the PMS value.

**HOT/FULL SCALE LIMITING** You are "*living on the edge*", allowing signals to reach almost *full-scale* on the recorder. Set the limiter to 17 dBu on the mixer to avoid clipping.

## Updating the spreadsheet

If you wish to update the spreadsheet, change the figures in the **dBu** section on the left - all other values will change automatically.

## Conditional Formatting Rules

Set these rules by selecting: Home > Styles > Conditional Formatting > Highlight Cells Rules > Greater Than

dB	>	9
PPM	>	5.3
VU(ITU-645-2)	>	-5
VU(IEC 268-17)	>	-5
dBFS(EBU)	>	-9
dBFS(SMPTE)	>	-11