Hearing Conservation Quiz

1. Which of the following is a long-term, negative result of exposure to loud noise?
   - (A) Decreased productivity
   - (B) Psychological and physical stress
   - (C) Interrupted concentration and communication
   - (D) Accidents and injuries at work due to one's inability to hear warning signals
   - (E) All of the above

2. Which of the following is a warning sign that your workplace may be too noisy?
   - (A) You hear a humming or ringing in your ears when you leave your workplace
   - (B) You constantly pull your ears
   - (C) You have to shout to a person who’s an arm’s length away in order to be heard.
   - (D) Both a and c

3. What does the acronym NIHL stand for, with respect to hearing conservation?
   - (A) Northern Illinois Hockey League
   - (B) Noise Induced Humming Level
   - (C) Noise Induced Hearing Loss
   - (D) None of the above

4. Noise-induced hearing loss can be temporary.
   - (A) True
   - (B) False

5. To what does the acronym SLM refer?
   - (A) St. Leonard’s Motors
   - (B) Sound Level Meter
   - (C) Service Lifecycle Management
   - (D) Silent Language Management
6. Continuous exposure to noise levels at ____ decibels (dB) or above can cause hearing loss.

   • (A) 85
   • (B) 80
   • (C) 75
   • (D) 70

7. Noise Induced Hearing Loss can be mitigated and even fully repaired with medical aid.

   • (A) True
   • (B) False

8. The most effective way to avoid hearing loss at work is to ….

   • (A) Stay away from loud noises and refuse to work
   • (B) Listen to music that is louder than the noise level at work
   • (C) Use hearing protection, such as earplugs, regardless of whether or not communication is essential at the office
   • (D) Monitor noise levels through engineering and administrative controls

9. Which of the following is NOT a type of hearing protection?

   • (A) Ear Muffs
   • (B) Pre-molded plugs
   • (C) Foam plugs
   • (D) Canal caps
   • (E) Cotton balls

10. What is done to monitor a worker’s hearing over time?

    • (A) Audiometric Testing
    • (B) Genetic Testing
    • (C) Both a and b
    • (D) None of the above
11. Anyone in the workplace can conduct audiometric testing.

- (A) True
- (B) False

12. Baseline audiograms should be provided within ___ of an employee’s first exposure to a noise level equal to or exceeding an average of 85 decibels every hour for eight hours.

- (A) 6 months
- (B) 9 months
- (C) 10 months
- (D) 11 months

13. Employers are required to administer audiograms every year after the baseline audiogram.

- (A) True
- (B) False

14. Monitoring, testing, using administrative and engineering controls, and providing hearing protection satisfies an employer’s obligation under OSHA.

- (A) True
- (B) False