

# Noise Hazards in Office Quiz

## Workplace Safety > Noise Hazards in Office Quiz > Question

1. A normal conversation produces a noise level of-
  - (A) 30 dB
  - (B) 60 dB
  - (C) 65 dB
  - (D) 70 dB
2. At what level can sound become distracting at workplace?
  - (A) 40 decibels
  - (B) 55 decibels
  - (C) 65 decibels
  - (D) 80 decibels
3. A noise level of \_\_\_\_\_ can trigger stress reactions.
  - (A) 90 decibels
  - (B) 80 decibels
  - (C) 100 decibels
  - (D) Noise cannot trigger stress
4. Common sources of noise hazards in an office DO NOT include –
  - (A) Photocopiers
  - (B) Water coolers
  - (C) Ventilation system
  - (D) Telephone
5. What form of noise is more disturbing in an office – Steady or Transient?
  - (A) Steady i.e. continuous, long term, low
  - (B) Transient i.e. sudden, sharp, conversational

6. Effects of noise on a worker can include -

- (A) Stress & fatigue
- (B) Low morale
- (C) Low job satisfaction
- (D) Frequent illnesses
- (E) All of the above

7. The four design elements that can reduce noise at workplace include-

- (A) Ceiling, furniture, sound-masking systems, carpeting
- (B) Walls, electronics placement, ceiling systems, carpeting
- (C) Floor area, carpeting, walls, systems furniture

8. The noise level in an open office should not exceed-

- (A) 30 dB
- (B) 45 dB
- (C) 60 dB
- (D) 75 dB

9. How can noise be minimized in open office settings?

- (A) Follow cubicle culture instead of open office plans
- (B) Provide acoustically designed spaces for private meetings and telephone calls
- (C) Provide partitions/cubicles designed to absorb sound
- (D) Options B and C
- (E) Option A and B

10. Do audio headphones protect from workplace noise?

- (A) Yes
- (B) No

11. A coworker disrupts the environment by walking in and out of the room noisily. What's the right way to deal with the issue?

- (A) Complain to your manager
- (B) Post office courtesy signs like "Please be quiet, people are trying to work"
- (C) Politely mention to the co-worker that you have trouble working when distracted by noise
- **(D) Option B and C**

12. There is noise coming from renovation project in the building. What should office management do to reduce its adverse effects on employees?

- (A) Relocate staff if noise level exceeds 65 dB
- (B) Provide sound reducing systems if noise exceeds 65 dB
- (C) Provide sound reducing systems if the noise level stays under 65 dB but is still distracting
- (D) Allow employees to work from home for a year
- **(E) Both a and c can be applied**