**March 2015 Safety Dinner Quiz**

**(Passing score is 10 out of 12) Score**: \_\_\_\_\_\_

**Name (*print legibly*) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

  ***First Name Middle Initial Last Name***

**Safety Quiz Topic: HEARING PROTECTION**

 **This is not an open book quiz. It is also not a team effort; the answers should be your own. Give the best answer. (Passing score is 10 out of 12)**

1. Too much exposure to noise over time will cause hearing loss by destroying the **CILIA** or  **HAIR** **CELLS** in your inner ear.
2. **TINNITUS is** a ringing or buzzing sound in your ears caused by overexposure to noise.
3. **True or False**: Hearing loss usually occurs at the higher frequencies first, and gets worse from there.
4. **True or False**: Your annual audiogram measures your threshold(or how loud the tone must be in order to be heard) at each frequency.
5. The risk of hearing loss increases with greater levels and duration of noise, but any exposure over **85** DECIBELS can be harmful.

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1. **True or False**: Generally, only occupational noise can cause hearing loss.
2. To properly insert earplugs, you should use the opposite hand to do the **PINNA PULL** to open your ear canal wider.
3. **True or False**: It’s possible to get more protection from earplugs or earmuffs than the NRR (Noise Reduction Rating), though most users may get far less.

1. What are 3 possible impacts of hearing loss (there are several just name a few)? **Possible answers:**

**Tinnitus Difficulty understanding speech Inability to enjoy music or other favorite sounds Irritability Loss of confidence Sleep disorder High blood pressure Takes the fun out of life**

**TURN OVER**

1. Loud noises can damage your hearing **\_\_\_\_\_\_**.
	1. By 50%
	2. Temporarily
	3. **Permanently**
	4. All The Above

**Bonus Questions 11 & 12**

1. Estimates from the National Institute of Health suggest that hearing loss afflicts **28** Million Americans

1. Name your favorite sound, which you would most miss if you have hearing loss someday:

 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **There are no wrong answers**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**If you did not pass, please do not turn in your quiz.**

**Keep it and review the study material for the questions you missed.**

Attendance is tracked by the R&S Training Department and

reports are sent to management as requested.

Be sure to sign the Attendance Signature Sheet.

**IF YOU PASSED, MAKE SURE YOUR NAME IS PRINTED LEGIBLY**