



---

## HEARING PROTECTION SAFETY QUIZ

Use what you have learned about hearing protection to determine which of the below statements are true or false:

- Noise levels can be reduced by 50% if you double your distance from the noise source.  
 True    False
- Noise-induced hearing loss is permanent and occurs progressively over time.  
 True    False
- Cotton balls do not effectively provide hearing protection.  
 True    False
- Always wear acoustic ear muffs or ear plugs when continuously exposed to noise levels of 85 dBA or higher.  
 True    False
- Rock concerts can create noise exposures of more than 100 dBA.  
 True    False
- A warning sign of overexposure to noise is an earache.  
 True    False
- Always select and use hearing protection with an appropriate NRR to reduce ambient noise to below 85 dBA.  
 True    False
- The noise level of a normal conversation poses a greater hearing exposure than the noise level produced by a lawn mower.  
 True    False

Answers: F, T, T, T, T, T, T, T, F, T, F