

Noise Training Micro Videos Training Series Guide

This micro video training series is designed to assist with required noise training and provide reference for related questions. Contact your BWC Safety Consultant or Industrial Hygienist if you have further questions.

Have employees view the short videos by sharing the video links below. After viewing the series, employees can complete the **knowledge assessment** to verify competence and have an opportunity to ask questions. Below, shaded, are the answers to the assessment questions. Completed assessments can be retained for employee training records. You can address any deficiencies or questions in either a one-on-one or group setting.

Noise Training – The Effects on Hearing ([Watch video](#))

1. Is noise-induced hearing loss permanent? Yes
2. What are the first signs of hearing loss? Have trouble hearing people talk when there is background noise, people sound like they are mumbling, ask people to repeat, turn up the radio or TV a lot, difficulty hearing people on the phone, constant ringing in your ears
3. Besides hearing loss, what are the side effects of a noisy workplace? Accidents, absenteeism, and lower productivity, a negative impact on a worker's wellbeing such as irritability, sleep disturbances, anxiety, depression, isolation
4. Is noise-induced hearing loss 100% preventable? Yes

Noise safety – Hearing protectors ([Watch video](#))

5. In the hierarchy of controls, hearing protectors and PPE are the highest priority? False
6. What does NRR stand for? Noise Reduction Rating
7. Name at least 2 types of hearing protectors: Earmuffs, ear plugs, ear caps
8. What are the three steps to properly fit ear plugs? 1) Roll the ear plug, 2) pull tops of ear up and back and 3) insert and hold ear plug in until it expands

Noise safety – Hearing tests ([Watch video](#))

9. A hearing test checks for loss of hearing? True
10. How can you rest your ears before a hearing test? Wear hearing protections and avoid loud noises
11. What is the purpose of the annual hearing test? Detect changes in hearing
12. Who should you go to if you have questions or concerns? Site specific – name / job title