

INSTRUCTOR SELF-ASSESSMENT

EYE AND HEARING PROTECTION

KNOWLEDGE

To protect your eyes from chemical splashes, you can wear either safety glasses or safety goggles.

- True
- False

Safety glasses are marked with a stamp on the lens or on the temple. The stamp reads:

- OSHA
- Z87
- NIOSH
- ASE
- N95

If you wear regular prescription glasses, you do not need to wear safety glasses in the shop.

- True
- False

If you wear safety prescription glasses in the shop, then:

- Side shields are optional
- Side shields must comply with the Z87 standard requirements
- Side shields must be of clear plastic
- Frames do not need to comply with the Z87 standard requirements

Complete the following sentence to make it a “True” statement. An emergency eyewash station... (check all that apply)

- Must be located within a 10-second walk from the eye hazard
- Can either be plumbed or portable
- Must be inspected only once a year
- Must provide continuous flow for at least 15 minutes
- Can consist of 2 hand-held bottles of saline solution
- Must be on the same building level as the eye hazard

An extremely loud noise cannot damage your hearing after a short exposure.

- True
- False



Once you have noise-induced hearing loss it will continue to get worse even if you diligently protect your ears from loud noise.

- True
- False

The severity of hearing loss depends on: (check all that apply)

- How loud the noise is
- Whether noise exposure is at home or at work
- How long you are exposed to loud noise
- Whether hearing protection is worn correctly and consistently

Complete the following sentence to make it a “True” statement: Noise-induced hearing loss...

- Can be corrected with ear canal surgery
- Can be corrected with speech therapy
- Can be corrected with hearing aids
- Cannot be corrected with hearing aids

The disadvantages of using earmuffs include: (check all that apply):

- They are heavier than earplugs
- They always have a lower NRR than earplugs
- Safety glasses interfere with the seal
- They are more expensive than earplugs

If earplugs and earmuffs have the same Noise Reduction Rating (NRR), it means that:

- Earplugs will fit you better than earmuffs
- Earmuffs will protect you better than earplugs
- Earplugs will protect you as much as earmuffs
- Earplugs will fit you the same as earmuffs



SKILLS

I am comfortable with my ability to demonstrate and explain how to insert foam earplugs to get a good fit.

- Strongly Agree
- Agree
- Disagree
- Strongly Disagree

I am comfortable with my ability to explain how to select earplugs or earmuffs using the noise reduction rating (NRR).

- Strongly Agree
- Agree
- Disagree
- Strongly Disagree

I am comfortable with my ability to demonstrate and explain how to determine if a pair of glasses are safety glasses.

- Strongly Agree
- Agree
- Disagree
- Strongly Disagree

I am comfortable with my ability to demonstrate how to install side shields on a pair of safety prescription glasses.

- Strongly Agree
- Agree
- Disagree
- Strongly Disagree

