

1. Repeatedly having trouble hearing a conversation at the dinner table or the TV may be an indication of TEMPORARY hearing loss.
 - a. ~~True~~
 - b. **False** (If you have trouble hearing a conversation at dinner table (or the TV) for more than just a day or two after exposure to loud noise, it is an indication the possible PERMANENT hearing loss.)
2. Tinnitus is a ringing or roaring sound you hear in your head when there is NO external noise source.
 - a. **True**
 - b. ~~False~~
3. On the box of hearing protectors (earplugs or ear muffs) you will find an NRR number. NRR stands for:
 - a. ~~Noise Reserve Rate~~
 - b. **Noise Reduction Rating**
 - c. ~~Nuisance Rating Record~~
 - d. ~~New Reduction Rate~~
4. Ear muffs provide better protection than earplugs
 - a. ~~True~~
 - b. **False** (feedback: Both types of hearing protectors are effective at reducing your exposure to noise IF they fit you properly and are used correctly.)
5. After a rock concert, you have difficulty hearing, but your hearing slowly returns to normal after a few days. This is referred to as PERMANENT hearing loss.
 - a. ~~True~~
 - b. **False** (When your hearing returns to normal within a few days after exposure to loud noise, you experienced TEMPORARY hearing loss.)
6. The correct way to insert a foam earplug is:
 - a. ~~Roll it and then push it into the ear.~~
 - b. **Roll it, pull the ear back and then insert the plug.** (To get a good seal between your ear canal and the plug, you must pull the ear back reaching over your head before you insert the rolled plug.)
 - c. ~~Either method works equally well.~~



7. Noise-induced hearing loss can be “fixed” with hearing aids.
- a. ~~True~~
 - b. **False** (Permanent noise-induced hearing loss CANNOT be fixed with hearing aids. Wear hearing protection whenever you are exposed to loud noise at school, at work, and at home.)
8. The disadvantages of using ear muffs include (check all that apply):
- a. **They are heavier than earplugs**
 - b. ~~They always have a lower NRR than earplugs~~
 - c. **Safety glasses interfere with the seal**
 - d. **They are more expensive than earplugs.**

