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| **Date:** | **Learners name:** |
| What equipment, processes or activities in your company or department produce high noise levels? |  |
| What is the 2 metre rule relating to normal level conversation in your working day, and what should you do? |  |
| What can be the effect of short term exposure to high noise levels |  |
| What is an acute effect? |  |
| What is a chronic effect? |  |
| What general controls are used in your workplace to reduce noise exposure? |  |
| What other methods can be used for noise reduction? |  |
| Our training officer will want to check your knowledge of the above | Checked by Training Officer (Sign)  Date |