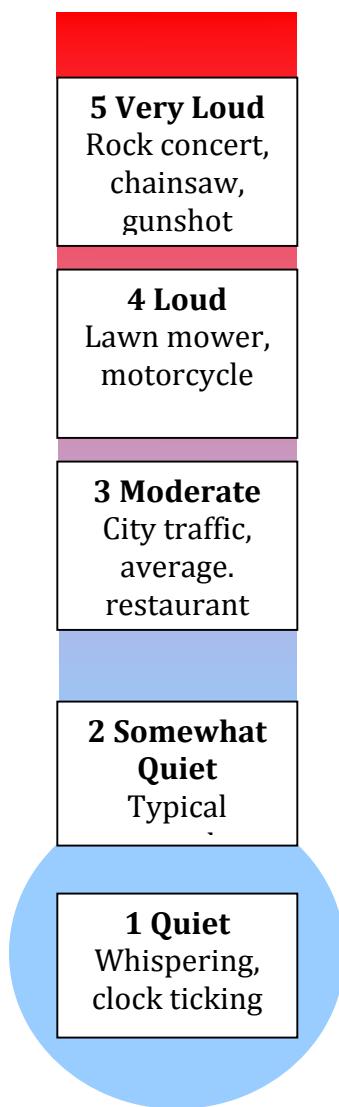


Instructions



The purpose of the noise history is to assess your exposure to various noise sources. Simply mark with a pen the time you spent in each environment. You may be exposed to two or more sources at once so be sure to mark all sources for the time frame. *For example, you may ride your bicycle and listen to your personal listening device at the same time.* If you used a specific loud object or tool please list that object in the loud objects section and mark the duration of use. An additional area to write in other tasks that do not fit the listed activities is provided. In addition to marking your duration, please also indicate the loudness level of the environment.

Estimate the loudness where 1 = quiet, like an empty room; 2 = somewhat quiet, can hear clearly over sound without need for people to raise voice; 3 = moderate; sound of activity is loud enough to be distracting and difficult to understand others without raising voice; 4 = loud; can barely hear others even with voice raised; 5 = very loud; at the point where cannot hear others at all and may start to be painful (see figure to left). This can be done by filling in the boxes at the bottom of the card or by writing the number in the corresponding box.

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