

### 1-Minute Noise Screen

Name: \_\_\_\_\_ Date: \_\_\_\_\_

<b>DURING THE PAST YEAR (12 months),</b>	
1.	How often were you around or did you shoot firearms such as rifles, pistols, shotguns, etc.? <input type="checkbox"/> Never <input type="checkbox"/> Every few months <input type="checkbox"/> Monthly <input type="checkbox"/> Weekly <input type="checkbox"/> Daily
2.	How often were you exposed to loud sounds while working on a <u>paid</u> job? By loud sounds, we mean sounds so loud that you had to shout or speak in a raised voice to be heard at arm's length. <input type="checkbox"/> Never <input type="checkbox"/> Every few months <input type="checkbox"/> Monthly <input type="checkbox"/> Weekly <input type="checkbox"/> Daily
3.	How often were you exposed to any other types of loud sounds, such as power tools, lawn equipment, or loud music? By loud sounds, we mean sounds so loud that you had to shout or speak in a raised voice to be heard at arm's length. <input type="checkbox"/> Never <input type="checkbox"/> Every few months <input type="checkbox"/> Monthly <input type="checkbox"/> Weekly <input type="checkbox"/> Daily

**Noise exposure score:** \_\_\_\_\_

Appendix D: 1-Minute Noise Screen

### How to Score Your 1-Minute Noise Screen

First, give yourself the following number of points for your answer to each question:

	<u>Never</u>	<u>Every Few</u> <u>Months</u>	<u>Monthly</u>	<u>Weekly</u>	<u>Daily</u>
Question 1.	0	1	2	3	4
Question 2.	0	1	2	3	4
Question 3.	0	1	2	3	4

Then, add your three individual scores together to get your total Noise Exposure Score. Enter this total number of points in the box in the lower right corner of your card.

See the reverse side of this sheet for an explanation of your Noise Exposure Score and suggestions for how to manage your risk of developing noise-induced hearing loss.

Example:

**1-Minute Noise Screen**

Name: Example Date: 07/01/2015

**DURING THE PAST YEAR (12 months),**

1.	How often were you around or did you shoot firearms such as rifles, pistols, shotguns, etc.? <input type="checkbox"/> Never <input type="checkbox"/> Every few months <input checked="" type="checkbox"/> Monthly <input type="checkbox"/> Weekly <input type="checkbox"/> Daily <i>Score:</i> 0   1   2   3   4
2.	How often were you exposed to loud sounds while working on a <u>paid</u> job? By loud sounds, we mean sounds so loud that you had to shout or speak in a raised voice to be heard at arm's length. <input type="checkbox"/> Never <input type="checkbox"/> Every few months <input type="checkbox"/> Monthly <input checked="" type="checkbox"/> Weekly <input type="checkbox"/> Daily <i>Score:</i> 0   1   2   3   4
3.	How often were you exposed to any other types of loud sounds, such as power tools, lawn equipment, or loud music? By loud sounds, we mean sounds so loud that you had to shout or speak in a raised voice to be heard at arm's length. <input type="checkbox"/> Never <input checked="" type="checkbox"/> Every few months <input type="checkbox"/> Monthly <input type="checkbox"/> Weekly <input type="checkbox"/> Daily <i>Score:</i> 0   1   2   3   4

**Noise exposure score: 6**

1-Minute Noise Screen/University of Kansas Medical Center/Hearing & Speech Department/© 2016

### 1-Minute Noise Screen: Recommendations

If your Noise Score is in this range:	Then your Noise Risk is:	Explanation
0 to 4	Lower Risk	<p>Based on your noise experiences during the past year, your risk of developing noise-induced hearing loss is relatively low if you continue to experience similar levels of noise in the future. However, if your noise exposures increase, your risk of developing hearing loss will increase as well.</p> <p>Everyone is different in their tolerance to noise, and it is difficult to predict your individual susceptibility. Still, it is important to remember that risk increases: the louder the sounds, the longer you spend around them, and the more often you are exposed. See the following tips for how you can manage your risk of developing noise-induced hearing loss.</p> <p><b>Special note for firearm users:</b> If you use firearms, you are at high risk of hearing loss, even if you only use firearms every few months and have a low risk score on the 1-Minute Noise Screen. See the following tips for things you can do to manage your risk.</p>
5 and above	Higher Risk	<p>Based on your noise experiences during the past year, you are at risk of developing noise-induced hearing loss if you continue to experience similar or higher levels of noise in the future.</p> <p>Everyone is different in their tolerance to noise, and it is difficult to predict your individual susceptibility. Still, it is important to remember that risk increases: the louder the sounds, the longer you spend around them, and the more often you are exposed. See the following tips for how you can manage your risk of developing noise-induced hearing loss.</p>

#### What You Can Do To Manage Your Risk:

- **Avoid loud noise when you can:** This may go without saying, but avoiding loud noise is a first step toward conserving your hearing for a lifetime. Remember, when you feel the need to shout to be heard by someone just a few feet away, the background noise levels are probably in a hazardous range. Look for quieter products when you buy noisy appliances or tools such as leaf blowers and lawn mowers. And turn down the volume when using electronic devices such as cell phones and music players.
- **Wear hearing protection whenever you are around loud noise:** When you can't avoid loud noise, be sure to wear well-fitted earplugs or earmuffs, even if your noise experiences are only occasional. Hearing protectors can be purchased at many pharmacies, and convenience, hardware, and sporting goods stores. Be sure you have proper training in the use and care of your hearing protectors, and replace them as needed. Proper and consistent use of hearing protection can lower your risk. This is especially true if you shoot firearms, where even one exposure to gunfire can damage your hearing if you are not wearing hearing protection.
- **Get regular hearing tests:** Keep an eye on your ears! Get a routine hearing test, once a year if you are in the higher risk category listed above or if you experience any increase in your exposure to noise. Keep track of your hearing test results and ask your audiologist to compare annual tests to your earliest test to look for any significant changes that may signal a concern.
- **Take care of your ears:** See your doctor if you notice problems such as sudden changes in hearing, or pain, "fullness," or ringing in your ears.