

Listening checklist

This document is designed to be used as a tool if you would like to track your hearing experiences.

Sounds inside the house

Kitchen

1st time **2nd time**

Footsteps	_____	_____
Running water in sink	_____	_____
Dishes in sink	_____	_____
Water emptying from sink	_____	_____
Opening and closing cupboard door	_____	_____
Putting a saucepan into a cupboard	_____	_____
Putting cutlery into a draw	_____	_____
Putting cutlery into the sink	_____	_____
Stirring food in a saucepan with a metal spoon	_____	_____
Stirring food in a saucepan with a wooden spoon	_____	_____
Whistling kettle	_____	_____
Food frying	_____	_____
Chopping vegetables	_____	_____
Breaking an egg	_____	_____
Microwave oven sounds	_____	_____
Exhaust fan	_____	_____
Blender or mixer	_____	_____
Tap dripping	_____	_____
Boiling water	_____	_____

Laundry

1st time **2nd time**

Washing machine	_____	_____
Clothes dryer	_____	_____



Bathroom

- Water filling bath
- Shower running
- Brushing teeth
- Electric shaver
- Hair dryer
- Toilet flushing

1st time 2nd time

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Bedroom

- Clock ticking
- Shoes dropped on floor
- Coat hangers rattling in cupboard

1st time 2nd time

_____	_____
_____	_____
_____	_____

Living room

- Television
- Music on the radio or CDs
- Talking on the radio
- Turning pages of a book or newspaper
- Knock on the door
- Doorbell
- Window opening
- Moving curtains or blinds
- Vacuum cleaner
- Car or truck passing by outside

1st time 2nd time

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Telephone sounds

- Phone ringing
- Sound of dialling and dial tone
- Ringing signal
- Engaged signal
- Voice over the phone
- Recorded messages (eg time, weather...)
- Incoming fax message

1st time 2nd time

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____



People’s voices

- Voice of a man in the same and another room
- Voice of a woman in the same and another room
- Voice of a child in the same and another room

1st time 2nd time

_____	_____
_____	_____
_____	_____

Sounds outside the house

General

- Traffic noise
- Car or truck approaching and passing
- Train approaching and passing
- Aeroplane (close overhead)
- Emergency vehicle sirens (eg ambulance, fire engine)
- Lawn mower
- Foot-steps on concrete
- Group of people talking
- Children playing and laughing
- Leaves rustling in the wind
- Waves breaking at the beach
- Rain falling
- Thunder

1st time 2nd time

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

In the car

- Car door opening and closing
- Car motor
- Turning indicator
- Car horn
- Windscreen wipers

1st time 2nd time

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Work place

- Machinery or equipment
- Lifts opening and closing
- Computer keyboard
- Electric hand dryer in public toilet

1st time 2nd time

_____	_____
_____	_____
_____	_____
_____	_____



In a shopping centre

1st time 2nd time

- Cash register _____
- Voice over public address system _____
- Shopping trolley _____
- Items rattling in shopping trolley _____
- Background music in shops _____

Café or restaurant

1st time 2nd time

- Sound of cutlery and crockery _____
- Voice of waiter or waitress _____
- Background music _____
- Steam from coffee machine _____
- Cork being pulled out of wine bottle _____

Animal sounds

1st time 2nd time

- Dog barking and panting _____
- Cat meowing and purring _____
- Birds singing _____
- Dog’s paws on floor _____

Sounds people make

1st time 2nd time

- Coughing _____
- Laughter _____
- Clapping _____
- Finger clicking _____
- Whistling _____
- Baby crying _____
- Sniffing _____
- Clearing throat _____
- Blowing nose _____

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