



Noise Reduction: Data Collection

Stop, Sit, & Listen Breaks: In this exercise, you will be randomly selected to take a ten minute timeout for research. This heightens awareness of noise levels in our environment and the ways in which they affect residents. This will happen over the next two weeks at various times with many staff participating.

When selected, you will be given a card, a blindfold and a place to sit. You will be asked to sit quietly for ten minutes, with a blindfold on, and listen and name the specific sounds and noises that contribute to noise pollution. At the end of ten minutes, you can write your insights on the card and pass it on to your hive leader.

Front of Card:

Company Name

Stop, Sit and Listen Ticket

This certificate is your official "10 minute time-out for research"! We are conducting a study to determine the noises and sound that effects our environment. You are asked to sit quietly for ten minutes, with a blindfold on, and listen and name the specific sounds and noises that contribute to noise pollution. At the end of ten minutes, please write your insights below and on the back of this card and pass it on to your hive leader for discussion.

Researchers name:

What were some of the general noises you experienced?

Back of Card:

What sounds were very loud?



Did any of them make you jump or give you concern?



Were there any that were repetitive (alarms, overhead page)



About how many times did these noises occur?



What emotions could you hear in the voices around you?



Are there any that were unnecessary?

Are there any you think would affect the lives of residents?