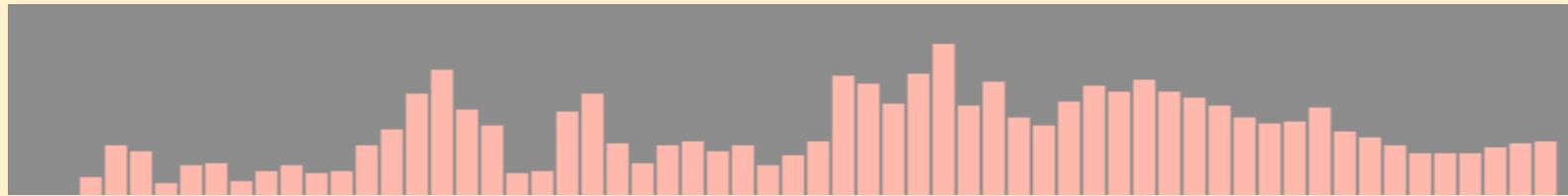# HLSim: NIOSH Hearing Loss Simulator

The NIOSH Hearing Loss Simulator is a software training and communication tool for promoting hearing loss prevention. It allows a user or trainer to demonstrate the effects of noise exposure on hearing without experiencing an actual noise-induced hearing loss.

Getting started

1. Download the hearing loss simulator at:
   https://www.cdc.gov/niosh/mining/tools/hlsim.html
2. Install the simulator

   1. Extract the .zip file to a temporary folder
   2. Run setup.exe and follow the installation steps

Adding custom sounds

There are two ways to add your own sounds to HLSim:
1. Record within the simulator (this method will work only if you have a microphone that is connected to your PC's sound card)
   1. Click on File > Record or use the F2 key
   2. Press Record to start recording, and Stop when the recording is complete
   3. Name the file and click Save to add it to the simulator's Sounds folder

2. Record using an external device
   1. Record desired sounds using your cell phone or other audio recorder – both .wav and .mp3 files work with HLSim.
   2. Transfer the sound file to your PC and manually place it in the simulator's Sounds folder (you can see the location of the Sounds folder when you open the foreground or background sounds in the simulator audio control panel).

Help Files

HLSim has help files to explain each dashboard function, as well as suggestions for training scenarios. Under the Help menu, select HLSim Help > English, or use the F1 key

Keyboard Shortcuts

F1 Open help files
F2 Record

F3 Open Foreground
F4 Foreground Play/Pause
F5 Foreground Stop

F6 Open Background
F7 Background Play/Pause
F8 Background Stop

Alt+F4 Exit HLSim

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