



**LISTEN**

**★AEU** THE AMERICAN EQUITY  
UNDERWRITERS, INC.

# LISTEN



How to listen to sounds/noises in the work environment, not let sounds such as forklift/crane/equipment noise/alarms/other work noises become just background/white noise, and keep awareness of any changes in the sounds around you.



# TRAINING OBJECTIVE

Improve your ability to focus your hearing in your work environments, understand what you are hearing, establish if you are in any type of danger from the source of those sounds, and convert noises and audio signals into actionable information.



# HEARING VS. LISTENING

Both hearing and listening is done with your ears.

Hearing:

- Hearing is the act of receiving sound through your ear.
- Hearing is one of your five senses and it just happens all the time – whether you like it or not.
- It happens involuntarily. You simply receive vibrations through your ears.
- When hearing you use your ears only.
- Hearing is a passive process



# HEARING VS. LISTENING

## Listening:

- Listening when you hear a sound and it goes to your brain to process its meaning so you can understand what you hear.
- When you listen, you are choosing what you want to hear. You concentrate on what you heard in order to understand the sounds coming to your ears.
- Listening is a form of a communication that lets you understand, process and put meaning to what you hear.
- Listening is an active process

