

AGE MYTHS

WORKFORCE EDITION

01

Older workers get injured more often.

The WCB statistics do not support this. In fact, the statistics show that older workers get injured less. However, while they get injured less, the cost of those injuries is more since they tend to be more severe and take longer to recover. For more information on injury rates review the CCOHS document on [Aging Workers](#).



02

Older workers take more sick days.

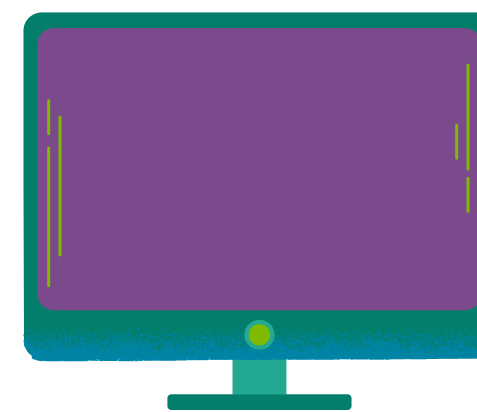
Older workers tend to take fewer sick days than their younger coworkers. Age is no determinant of the health of an individual. In fact, there are some older workers that are healthier than younger workers.



03

Younger workers are better at learning new things.

This is certainly not true. The only difference between the younger worker and the older worker is in the way that they learn. Older workers require more experiential learning. For more information on training review the CCOHS document on [Aging Workers](#).



04

Young workers lack experience.

Well yes, everyone was young once. However, just because a person is young doesn't mean that they have no experience. Their experience may just be different. This is where older workers can help mentor younger workers and they can learn from others. Mentorship is necessary to make sure that key work knowledge and skills are transferred among workers.



**Continuing Care
Safety Association**