

# AUGUST SAFETY SEGMENTS: AGE AND THE WORKPLACE



Age is just a number, right? Or is it more? Regardless of what your age is, I am sure that you have heard things said about age. Have you heard younger workers this or older workers this? Since adults spend approx. 60% of their waking hours at work and we know that there are several generations of workers in every job it is important that we tackle some of these misconceptions.

## AGE MYTHS

### DIRECTIONS

Before you begin this discussion, set the expectations for a safe space that is respectful of everyone's feedback. Start the conversation with what are some of the comments you have heard about certain age groups. You will want to print out the [Age Myths Poster](#). Review the poster or give staff a few minutes to read over the poster. After everyone is done, use the guiding questions to facilitate a group discussion.

### SAFETY SEGMENT DISCUSSION

#### Guiding Questions:

- Have you heard any of these age myths?
- How do you feel about these comments?
- Are there any more myths that you have heard?
- Why is it important that we discuss these misconceptions in the workplace?

#### Notes to the Team Leader:

- Facilitate an atmosphere of support and openness to feedback by encouraging the staff to share experiences or opinions without fear of reprisal.



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