

AUGUST SAFETY SEGMENTS: AGE AND THE WORKPLACE



One thing that we know about life is that everyone gets older and that means workers in the workforce age. How do we define the age at which a worker becomes part of the aging workforce? While there is no commonly recognized age that researchers have set as the age. Research articles have cited ages ranging from 40 to as old as 65; however, 55 is used by many as the age.

INJURY PREVENTION FOR ALL AGES

DIRECTIONS

There are a few things that we know happens to our bodies as we age and since as we age injuries can take longer to heal from, preventing injuries is important. Have staff read over the [Aging Workers](#) document. For this discussion we will be focusing on the section, 'What physical changes occur, in general, as a person ages and how can this affect their work?'

SAFETY SEGMENT DISCUSSION

Guiding Questions:

- Should injury prevention only be discussed for older workers?
- Why is it important that we discuss injury prevention for all?
- What things do you do currently to prevent injuries?
- How can the team work together to prevent injuries?

Additional Activity

Print off the [Health Care Worker Stretching Guide](#) and lead the team through a quick team stretch.



Follow the CCSA and check our other resources.

