

Aging Workforce

The goal is to keep workers safe by promoting safety awareness. With the aging population, many workers are choosing to stay at work longer. As you age, there are some practical tips that can help keep you safe from injury.



First, recognize your risks.

- Strains and sprains from overexertion
- Slips, trips, and falls due to inadequate lighting
- Lack of physical strength
- Chronic health issues like obesity, high blood pressure, diabetes, and vision/hearing impairment

Next, reduce your risks.

- Minimize lifting and other strenuous activities by using equipment provided.
- Report areas that are not well lit.
- Wear proper shoes that reduce slips and trips.
- Use handrails in stairways.
- Wear vision/hearing correction when needed.

Then, use prevention strategies.

- Get a physical each year to address the following:
 - Blood pressure
 - Cholesterol
 - Diabetes
 - Vision/hearing testing
 - Disease prevention/maintenance
- Exercise regularly.
- Eat healthy.
- Get proper sleep.
- Attend safety training.
- Be aware of your surroundings at all times.