



# SAFETY TALK

## OSTEOPOROSIS

Osteoporosis is a condition that causes bone to become thin and porous. It decreases bone strength and causes an increased risk of breaking a bone (also known as a fracture). Fractures from osteoporosis are more common than heart attack, stroke, and breast cancer combined. During their life, 1 in 3 women and 1 in 5 men will experience a fracture related to osteoporosis.

### WHAT IS ONE OF THE FIRST WARNING SIGNS OF OSTEOPOROSIS?

#### PREVIOUS FRACTURE

Osteoporosis is known as a “silent thief” as it steals bone mass without giving any indication until a fracture occurs. These types of fractures are known as fragility fractures. Fragility fractures occur from simple activities like bending, twisting, sneezing, coughing, reaching, or a fall from standing height or less. A fracture should not occur in an individual with healthy bones in these situations.



The most common sites for fragility fractures are: hip, spine, wrist, or shoulder.

### WHAT CAN I DO TO HELP PREVENT FRACTURES?



Ensure you're getting the recommended amount of Vitamin D



Balance training to prevent falls

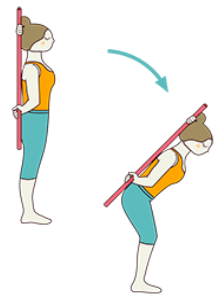


Strength train to build stronger muscles



Eat calcium rich foods

Source: Osteoporosis Canada



Learn spine sparing strategies from *Osteoporosis Canada* if you have a diagnosis of osteoporosis

DATE: \_\_\_\_\_  
FACILITY: \_\_\_\_\_

SAFETY TALK LEAD BY: \_\_\_\_\_  
DEPARTMENT: \_\_\_\_\_

## DISCUSSION QUESTIONS:

HAVE YOU OR SOMEONE YOU KNOW EVER EXPERIENCED A FRAGILITY FRACTURE?

WHAT IS THE DAILY RECOMMENDED AMOUNT OF CALCIUM AND VITAMIN D?

HOW CAN YOU INCORPORATE STRENGTH AND BALANCE TRAINING INTO YOUR ROUTINE?

EMPLOYEE CONCERNS & IDEAS FOR IMPROVEMENT:

EMPLOYEES PRESENT:

FOLLOW UP ON CONCERNS:

If you have any feedback on the Safety Talks program or a suggestion for a Safety Talk, please contact a member of the Wellness & Safety Team or email [healthpeihr@ihis.org](mailto:healthpeihr@ihis.org).

Safety Talks can be found on the Staff Resource Centre at: <https://src.healthpei.ca/safety-talks>