



SAFETY TALK

HEALTHY AGING IN THE WORKPLACE

Across the country, our population is aging due to higher life expectancy, lower birth rates, and the aging of “baby boomers.” More people are working until a later age, meaning the proportion of workers over the age of 55 years is greater than it was several years ago. An aging workforce is something that affects all different work areas!

WHAT CHANGES AS WE AGE?

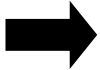
HOW CAN WE PROMOTE HEALTHY AGING?

Muscle mass decreases



Strength training to maintain and build muscle (Canadian guidelines recommend at least **twice weekly**).

Risk of injury can increase



Warm up properly before work or activity (aim for 5-10 minutes). Do regular stretching each week to maintain flexibility.

Balance decreases



Try to reduce rushing with tasks to lower the risk of falls. Engage in activities that challenge your balance, like yoga or hiking.

Vision and hearing change



Get your vision and hearing checked as recommended. Our eyesight and hearing affect our balance and risk of injury!

Aging is something that happens to all of us, and allows us to build life experiences and knowledge. Having a positive mindset about aging can help promote healthy aging as well!

Source: Government of Canada, Canadian Centre for Occupational Health and Safety. “Aging Workers.” *Canadian Centre for Occupational Health and Safety*, June 2023.

Safety is everyone's responsibility!

DATE: _____
FACILITY: _____

SAFETY TALK LEAD BY: _____
DEPARTMENT: _____

DISCUSSION QUESTIONS:

WHAT DOES HEALTHY AGING MEAN TO YOU?

WHAT STRATEGIES DO YOU THINK YOU COULD IMPLEMENT TO PROMOTE HEALTHY AGING?

WHAT TASKS BECOME MORE CHALLENGING IN THE WORKPLACE AS WE AGE?

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.

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