

# What WORKERS Can Do to Keep Themselves Safe and Healthy



For the experienced worker, years on the job have provided many valuable lessons. One thing we learn is that as times change and businesses change, so do our bodies. Being in tune with your body, and using your years of experience to work smarter, not harder, can help prevent injury and illness in the workplace.

## DID YOU KNOW?

Slips, trips and falls is one of the leading causes of lost-time injuries at work in Ontario. Almost 20% of all lost-time injury claims in Ontario involve slips, trips and falls.

## OLDER & WISER

### WORK SMARTER, NOT HARDER

#### Musculoskeletal System

(Muscles, Bones, Joints, Ligaments and Tendons)

*Muscle strength declines with age. This may affect the ability to do physical work over extended periods, particularly for activities involving heavy loads.*

- Avoid sitting for long periods of time
- Stretch
- Maintain proper posture and change positions frequently
- Follow guidelines when performing repetitive movements
- Wear proper footwear
- Use proper equipment for lifting
- Eat foods rich in vitamins and minerals

#### Hearing and Vision

*The ability to hear and distinguish one sound from another may decrease with age. Visual changes may also occur with increasing age.*

- Reduce repeated exposure to noise
- Use hearing and vision protection when required
- Have regular hearing and eye examinations
- Wear prescribed hearing aids and glasses

HEALTHY  
AND SAFE  
for Life

#### Mental Health

*Mental processes may decline slightly with age and the amount of change varies greatly from one person to another.*

- Minimize stress at work and at home
- Challenge the brain through mentally stimulating activities
- Practice tasks
- Reduce multi-tasking
- Stay active and exercise regularly
- Maintain regular sleep patterns

#### Cardiovascular Health

(Heart, Lungs, Circulatory System)

*With aging, changes occur in the heart and blood vessels that pump blood throughout the body, reducing your capacity for physical work.*

- Avoid overexertion and fatigue
- Dress properly for weather and working conditions
- Use appropriate Personal Protective Equipment
- Maintain a healthy diet and an active lifestyle

Being safe and healthy is a life-long commitment.

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