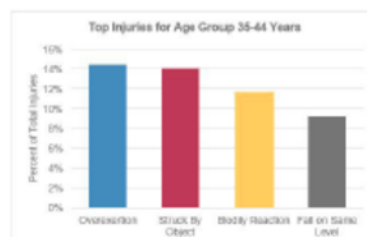


# Middle-Aged Workers and Overexertion

## Highest overall injury claim rate after industry downturn

Statistics show middle-aged workers between the ages of 35-44 are prone to overexertion injuries in Western Canada. Overexertion occurs with excessive effort; enough strain that injury results.



### What puts our middle-aged workers at greater risk?

- Push to perform as they had in years past
- Decrease in physical capacity and overall health
- Family and financial pressures - lack of focus
- Infrequent training and perceptions of skill mastery
- Muscle tightness: failure to stretch and warm up
- External distraction: eyes and mind not on task

### What Can Workers Do?

#### Understand the Risks:

- » Lifting or lowering objects
- » High repetition tasks
- » Improper body positioning
- » Lack of stretching
- » Proper use of mechanical aids
- » Rushing, frustration, fatigue, and complacency

#### Lower the Risks:

- » Use good body positioning and control
- » Take time to warm up and stretch
- » Use mechanical aids when possible
- » Take scheduled breaks
- » Use teamwork when possible
- » Keep eyes and mind on task
- » Be aware of your body mechanics

### What Can Employers Do?

#### Provide Training on:

- » Equipment
- » Job sites hazards and controls
- » Stretching
- » Good body positioning and control
- » Fit for Duty
- » Fatigue Management

#### Follow up on:

- » Corrective actions
- » Job observations
- » Fitness for Duty and Fatigue Management

## Ask yourself:

With an increase in industry activity level, am I prepared to mitigate the highest risk of injury for my middle-aged workers?

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