

Subject: Arizona Masonry Contractors Association Safety Clips

Having trouble viewing this email? [Click here](#)

Safety Clips

Issue 14
September 2010

AMCA Supporting its Association Safety Plan

Arizona Masonry Contractors Association

Older and Wiser and Safer

Provided by BLR Safety Advisor

<http://catalog.blr.com/>



Older workers are experienced, loyal, and knowledgeable about company culture and safety processes. The days of retiring at age 62 or so are over for many. Instead of playing golf and gardening, many older Americans are at work. There's no doubt that as people age, certain skills and faculties may diminish. Yet, while it seems these changes would have a negative effect on productivity and safety, U.S. Bureau of Labor Statistics data suggest that productivity increases when there is a higher percentage of workers over 55. And there is also a decline in accident frequency in that age group. Older and wiser indeed! Nevertheless, some extra training in some areas may be good for your older workers in the following areas.

Slips and falls. Falls account for more than a third of all injuries sustained by workers aged 65 and over. BLS estimates that an older worker can take two-to-three times longer to recover from an injury than a younger employee. Investigate every slip and fall incident and look for trends related to floor surfaces, day of week, time of day, location, and weather conditions.

Use these data when training older workers to avoid slips and falls. Encourage seniors to:

Report slip and fall hazards on walking surfaces, such as loose tiles and torn carpet; mats, rugs, or carpets that do not lie flat; burned out light bulbs, and spills.

Clean spills that they are allowed to clean, e.g., not hazardous materials.

Obey warning signs about wet floors or other walking hazards. Use handrails on stairways.

Ergonomics. Show older workers how to evaluate their workspaces so they can help eliminate conditions that lead to fatigue and discomfort. Work with them to eliminate repetitive work

performed in nonneutral positions as well as heavy lifting, trunk rotation, or excessive forward bending. Make sure they know how to use material-handling devices.

Safe driving. According to the National Institutes of Occupational Safety and Health (NIOSH), death rates for work-related crashes steadily increase beginning around age 55. Establishing sound policies and providing driver training can help reduce the risk. A decline in peripheral vision and a decline in flexibility both make it harder for older drivers to twist right or left as they drive.

So, make sure you provide regular driver's training for older workers. Perhaps suggest to your employer to purchase oversized mirrors for your vehicles.

Wellness. Fitness, flexibility, and avoidance of chronic diseases that are associated with age can all be achieved with an active lifestyle, nutritious diet, and good sleep. Encourage your workers of all ages to participate in your wellness programs and to live a wellness lifestyle in order to maintain a thriving lifestyle even into their older years. Reduce risk for older workers by emphasizing overall health, wellness, and injury prevention. With over 600 muscles in the body, anti-aging training can enhance health and prevent problems like falls. Exercise can help:

- Reduce the chance of heart disease.
- Improve the likelihood of surviving a heart attack.
- Increase muscle strength.
- Improve immune system functioning.
- Manage stress and improve productivity at work.
- Contribute to weight loss.
- Decrease the risk of injury.
- Improve bone density.
- Increase levels of "good" cholesterol.

Older workers bring much to your workplace with their experience, wisdom, and caution. Help keep them safe with specific training geared toward their needs.

Why It Matters

From 1997 to 2007, employment of workers 65 and older jumped by 101 percent, according to the U.S. Bureau of Labor Statistics.

That compares to an increase of just 59 percent in overall employment. By 2025, the proportion of older (over 55) workers is expected to reach 20 percent.

AMCA's Safety Committee is committed to providing support in your efforts to keep your employees safe and healthy. Safety Clips can be used in any number of ways: toolbox training sessions, company newsletter article or used as an opener for discussions in manager/supervisor's meetings, etc. Safety Clips is a means to keep safety topics fresh and in the forefront of your busy days and to make it easier for you to turn around and share with others in your company. If there are additional email addresses you'd like to add to the distribution list forward them to lori@azmasonry.net. For more information visit www.azmasonry.net.

[Forward email](#)

✉ **SafeUnsubscribe®**

This email was sent to lori@azmasonry.net by lori@azmasonry.net.

[Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Email Marketing by



Arizona Masonry Contractors Association | 1803 N. 40th Street | Suite 102 | Phoenix | AZ | 85008