



MIDDLE-AGED WORKERS

WHO ARE MIDDLE-AGED WORKERS?

Though not specifically defined by OH&S, a "middle-aged worker" is any worker between 25-54 years of age with the median at 35-44 years. Typically, these workers have multiple years of work history and have experienced many challenges and hazards within the Oil & Gas Industry. Middle-aged workers incur 'overexertion' and 'struck by object' injuries at high proportions.

WHY ARE MIDDLE AGED WORKERS AT RISK?

Typical reasons why middle-aged workers are injured include:

- Complacency
- Tolerance for low frequency high potential risks
- Loss of situational awareness
- Decrease in physical capacity
- Overexertion
- Perceived pressure to perform
- Increased life pressures (family, mortgage, etc.)
- Focused on non-work pressures (family issues, elderly parents)

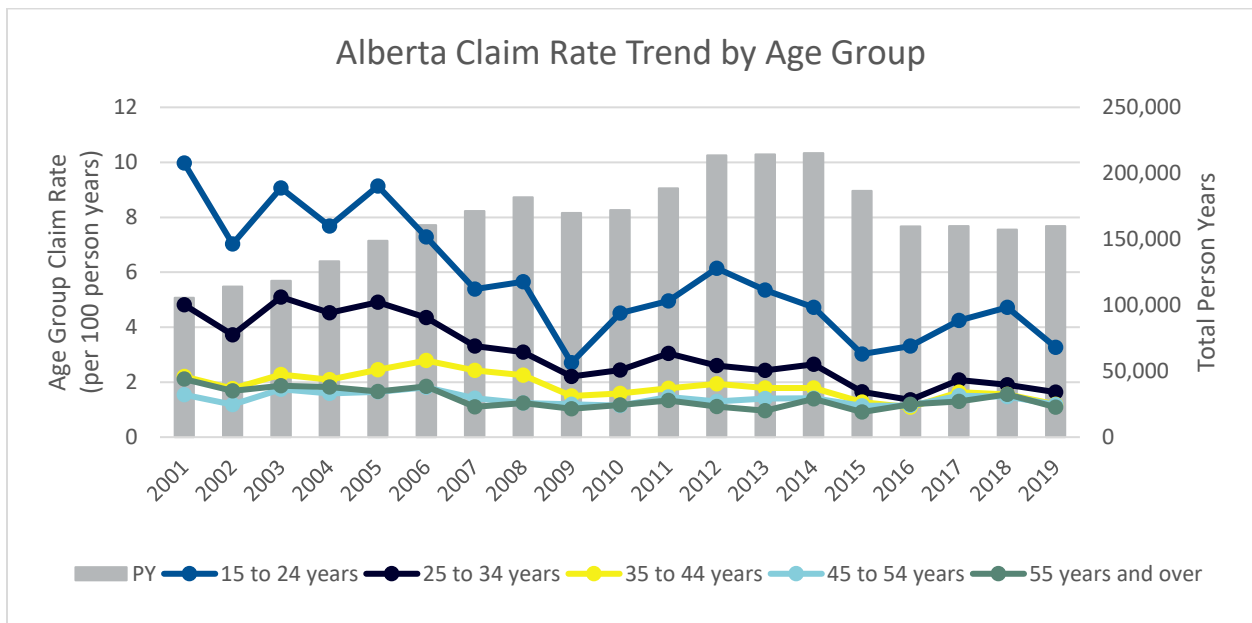
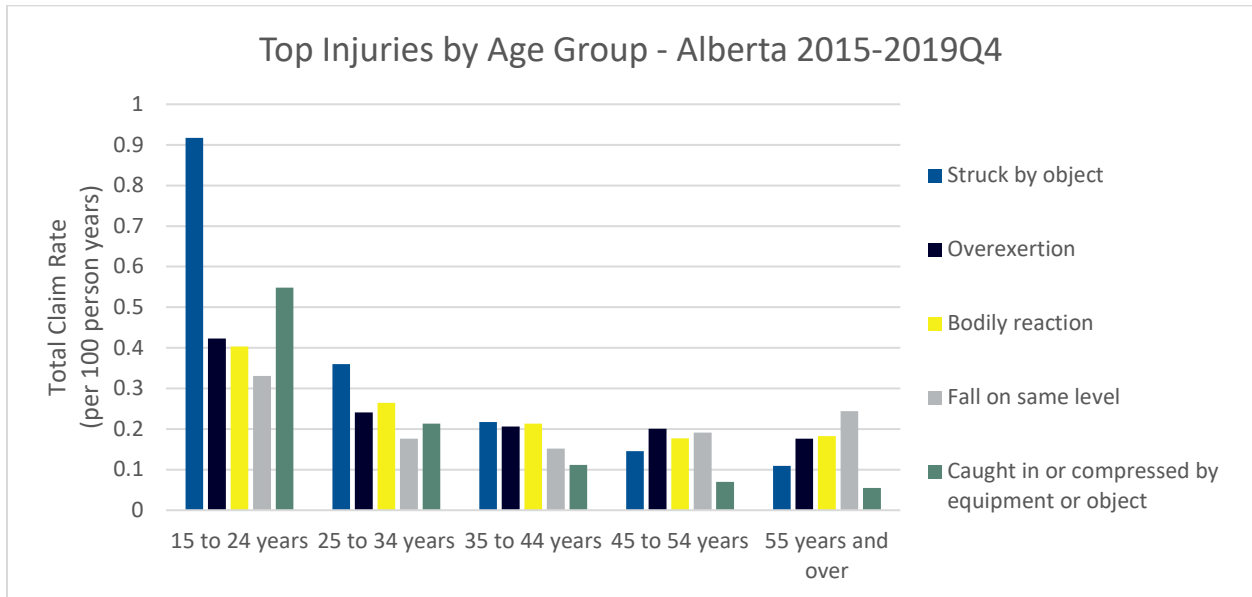
WHAT CAN BE DONE TO ADDRESS THESE RISKS?

- Competency Assessments
- Hazard Analysis & Planning
- Mentoring junior employees
- Stretching & Warm Up to Work
- Supervisor & Leadership Training
- Involved with implementing workplace improvements
- Participate in company initiatives, including proactive reporting

RESOURCES:

- [Overexertion](#)
- [Industry Growth and Worker Injury by Age Group](#)
- [Energy Safety Canada General Safety Bulletins](#)
- [Slips, Trips and Falls](#)
- [Middle aged workers are feeling the squeeze](#)

UPDATED FEBRUARY 6, 2020 – DATA AS OF 2019 Q4



Note: Certain injuries are not reflected in these charts. Injuries caused by exposures over many years (e.g., noise) have been excluded.

Data Disclaimer: While every reasonable effort has been made to ensure the accuracy of the data used in this report, data should be read as indicative of scope rather than exact figures. The variable nature of WCB Alberta claims management may be reflected in the data shown.