

**E N E R G Y
S A F E T Y
C A N A D A**

Veteran Workers

Data as of Q4 2025

UPDATED APRIL 8, 2026

Who are Veteran Workers?

Though not specifically defined by Occupational Health and Safety, for the purposes of this report a “veteran worker” is 55 years of age and older. Typically, these workers have decades of work experience. Falls on same level are the most significant type of injury for this group.

Why are Veteran Workers at Risk?

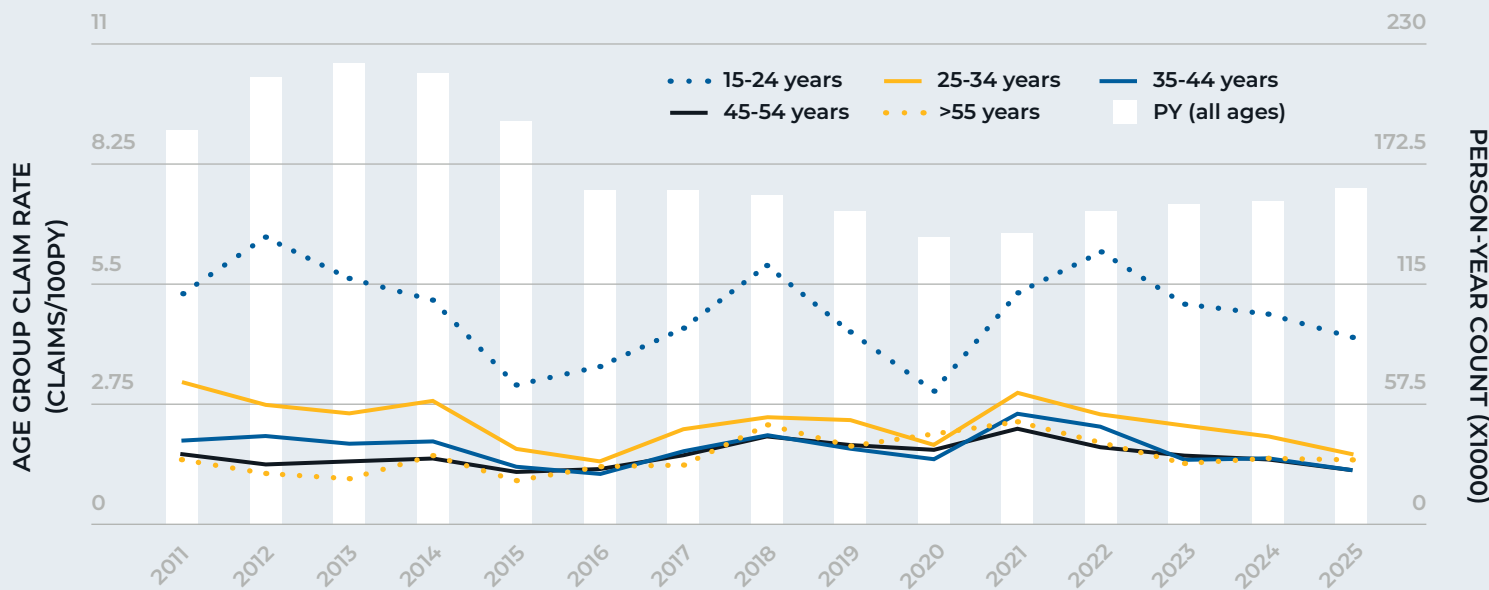
Increased risk of injury in this group is attributed to:

- Pre-existing injuries and health challenges, which increase the severity of fall injuries
- Reduced dexterity
- Slower reaction time
- Carrying loads
- Changing ground conditions

What can be Done to Address these Risks?

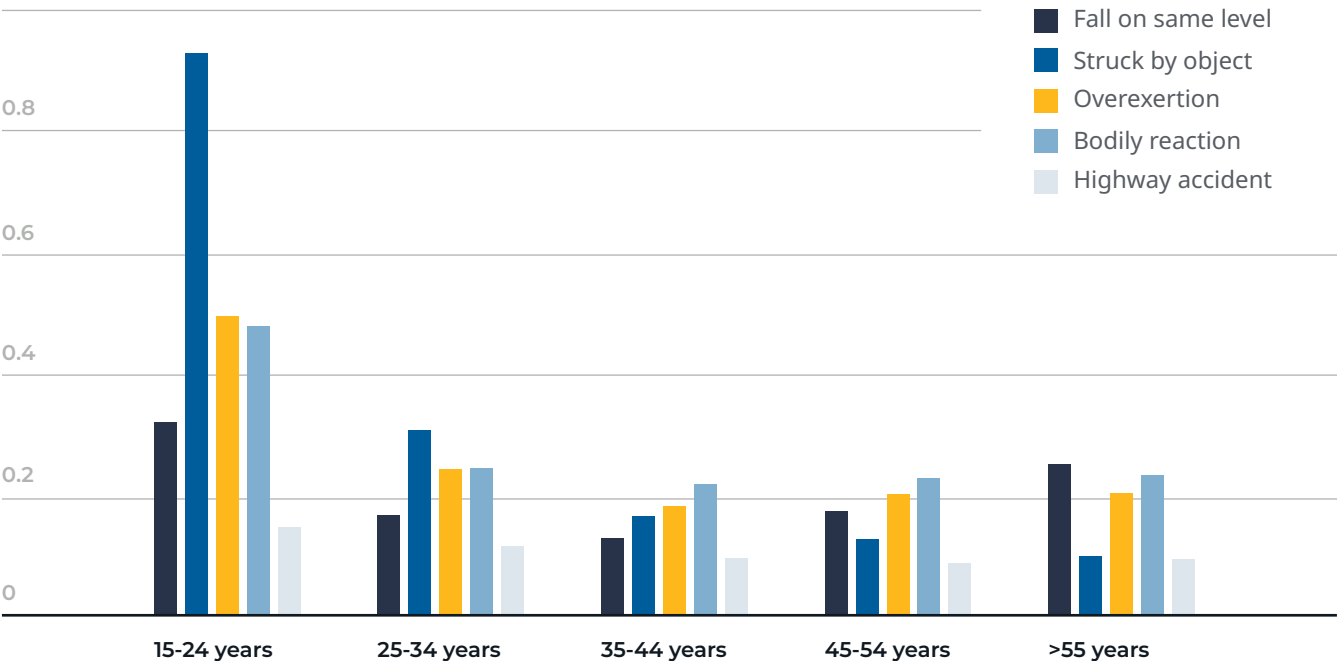
- Assess and engage workers in collaborative fit for duty conversations
- Training on how to fall to minimize injury
- Stretching and warm-up before starting work
- Ergonomic assessments
- Use of engineering tools and fittings to minimize exerted force
- Management of change with respect to job scope and assigned tasks

ALBERTA CLAIM RATE AND TREND BY AGE GROUP



TOP INJURIES BY AGE GROUP – ALBERTA 2021-2025

1 TOTAL CLAIM RATE PER 100 PERSON-YEARS



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

ESC Resources:

- Webinar On Demand | [Fit for Duty](#)
- Webinar On Demand | Risk Tolerance and Human Performance: [Part 1](#) | [Part 2](#) | [Part 3](#)
- Data Report | [Industry Growth and Worker Injury by Age Group](#)

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.