

Safety FOCUSED

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Preventing Workplace Fires

Fires are a serious risk for businesses of all types and can lead to costly damage or loss of life. Read this article to learn how to keep yourself and co-workers safe from fires.

Safety Tips for Older Workers

Baby boomers (those born between 1946 and 1964) are an important part of today's workforce. While these individuals play a key role in the success of an organization, they are often older, which, in turn, creates unique workplace needs and risks.



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A monthly safety newsletter from



Preventing Workplace Fires

Fires are a serious risk for businesses of all types and can lead to costly damage or loss of life. While it's up to employers to implement general workplace practices to reduce these risks, there are a number of precautions employees can take in order to prevent fires.

To prevent fires in the workplace, employees should do the following:

- Always comply with employer regulations.
- Obey no smoking signs.
- Dispose of cigarettes and matches in the proper receptacles after ensuring they are completely extinguished.
- Watch for frayed electrical cords and overloaded circuits.
- Dispose of flammable waste and scraps.
- Follow organizational rules related to the storage of combustible materials.

If and when a fire breaks out, it's important to know where fire extinguishers and fire alarms are located. You should also participate in any employer-mandated fire drills and preventive training.

Fires can break out at any time and are often the result of preventable factors. Keeping in mind the tips listed above will help keep yourself and co-workers safe from fires. For more safety instruction related to fires, speak to your supervisor.

Safety Tips for Older Workers

Baby boomers (those born between 1946 and 1964) are an important part of today's workforce. While these individuals play a key role in the success of an organization, they are often older, which, in turn, creates unique workplace needs and risks.

For example, when older workers are involved in a workplace accident, their injuries tend to be more severe than younger employees' injuries. This is because, as people age, they lose bone mass, muscles and bone density, making them more prone to serious injuries. What's more, it often takes older workers longer to recover from an injury.

In order to remain safe on the job, older workers (those above the age of 55) should consider the following:

- Practice good ergonomics by utilizing comfortable chairs, sufficient lighting and well-designed workstations.

Oftentimes, older workers require more light to see. Don't be afraid to ask your supervisor for special accommodations, particularly as they relate to workplace safety.

- Know your own physical limits and don't overexert yourself.
- Wear proper footwear to avoid falls. Just one fall can be devastating to an older worker, and it's important to take the proper precautions.
- Get plenty of rest before your workdays. As we age, sleep is more difficult to regulate, making it even more important to stick to a consistent schedule.



THE DANGERS OF WORKPLACE FALLS FOR OLDER WORKERS

According to the World Health Organization, **fall-related injuries are more common among older people** and are a major cause of pain, disability and even premature death.



Just one fall can lead to serious harm, and older workers should take the proper precautions to avoid slips, trips and falls on the job.