

105394 Stay Strong as You Age

1. True or False: Baby Boomers make up 25 percent of the workforce today.
2. True or False: If an older worker becomes injured on the job, the injury tends to be less severe.
3. Match the activity to its benefit:

A) cardiovascular exercise	1) Increase muscle mass
B) strength training	2) Stay mentally sharp
C) mental training	3) Build endurance

4. All of these are precautions for older workers except:
 - a. avoid repetitive tasks,
 - b. lift objects from waist level
 - c. putting lots of pressure on joints to make them stronger
 - d. 30 minutes of exercise a day

What Would You Do?

What would you do?

Stanley was 70 years old and still showing up for work at 6 a.m. sharp. His knowledge of the field was unparalleled and you're glad to have him on the team. Lately, though, he seems to be forgetting things and you've caught him at least once when he began to fall. What are some things you can do to help Stanley stay safe and active while continuing to work?
