

Talking Points

- What are the main risks in your job in terms of how it affects your body?
- How might you go about maintaining, protecting and/or improving the health of your ... e.g. **Brain**, **Ears**, **Eyes**, **Lungs**, **Muscles & joints** and/or **Skin**?
- What changes (if any) have you noticed as you are getting older?
- In your view, what are the main obstacles or issues with keeping fit and healthy in the work that you do?
- What would your top tip be for staying fit and healthy when doing the work you do?
- How would you design your job if you could start again?
- Is there anything that would help you do this job in a better way for your body?
- What single piece of advice would you pass on to a new person just starting this job with regards to how you go about working in this **environment** you work in?
- What single piece of advice would you pass on to a new person just starting this job with regards to how you go about working in this **equipment** you use?
- Have you ever come across something or have an example of where changes have been made to the design of this type of work and where it has improved health and fitness at work?
- What are the **poor features** in terms of the design of your work environment and equipment?
 - How might or how do these poor features affect people as they age doing this job?
- What are the **good features** in terms of the design of your work environment and equipment?
 - How might or how do these good features affect people as they age doing this job?

You may also like to create your own questions which are specific to your workers, their work tasks, environments and equipment.

Permission notice

Visitors to www.workinglate-owl.org are permitted to print and download extracts & .PDF files from the website on the following basis:

Loughborough University's copyright (© Copyright Loughborough University) appears in all copies.

Any trade mark notices (TM sign) appears in all copies.

This 'Permission Notice' appears in all copies.