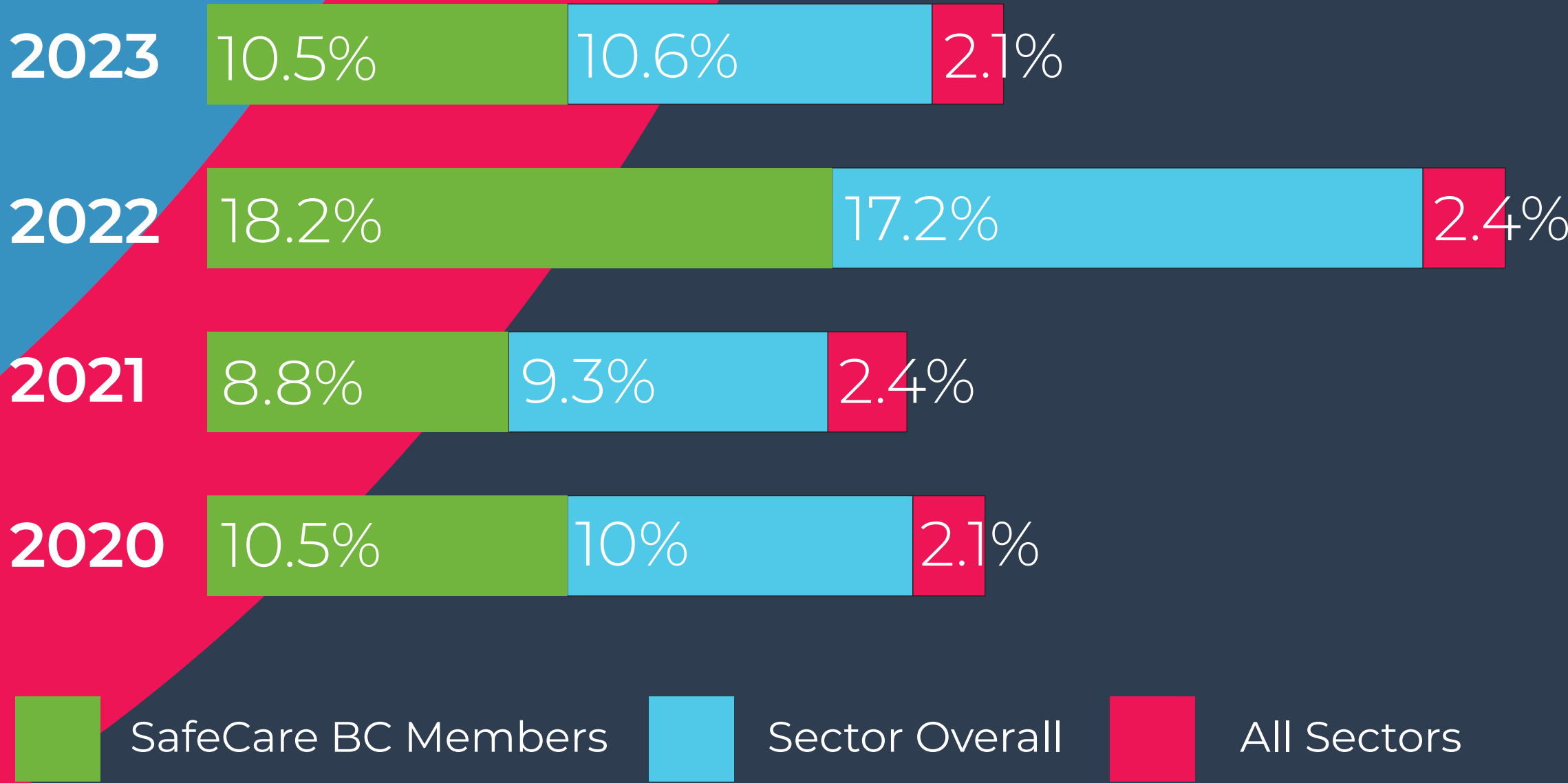


LONG-TERM CARE INJURY TRENDS

2023



INJURY RATES IN LONG-TERM CARE



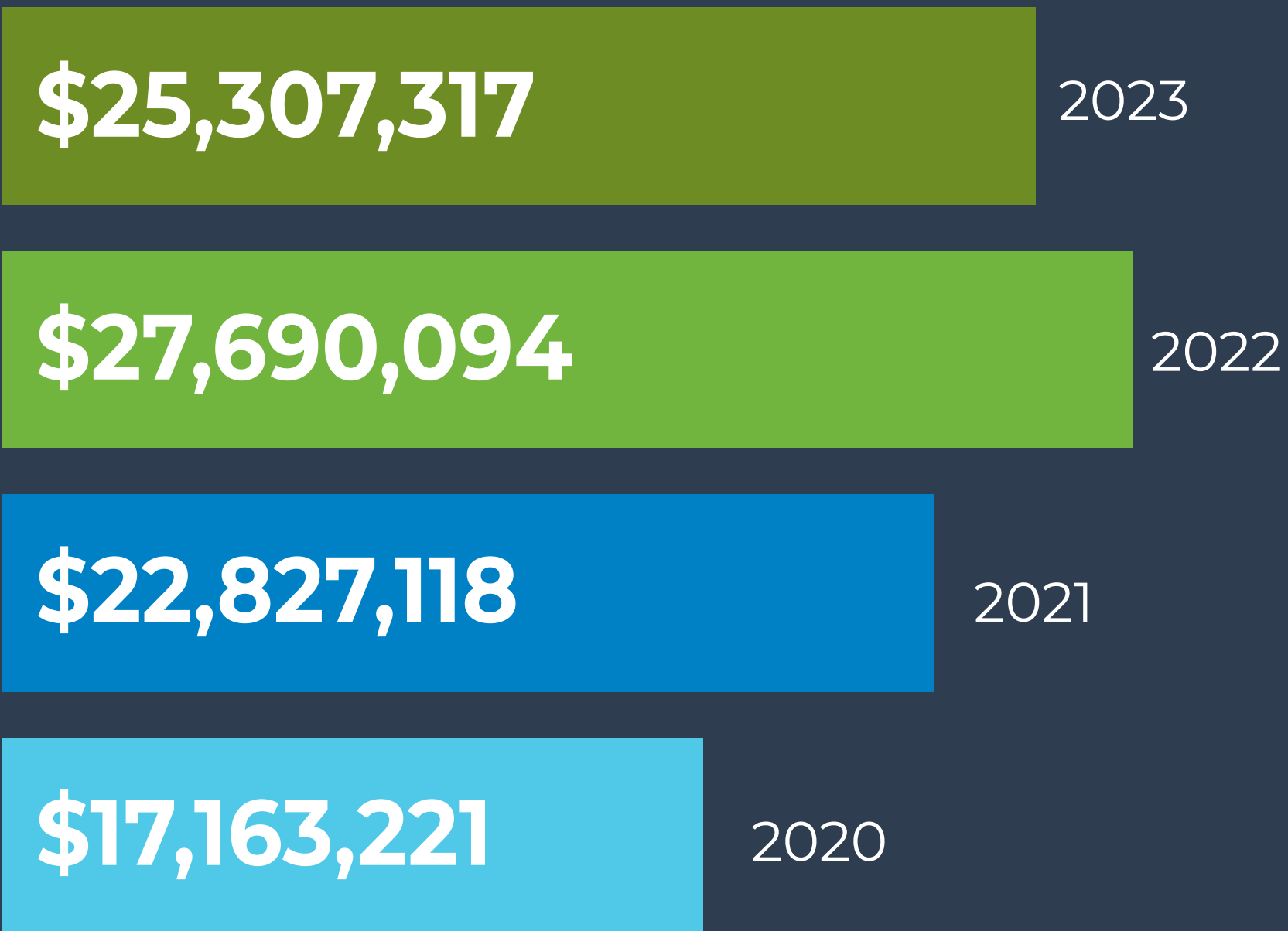
409
PERCENT

MORE INJURIES IN 2023

Compared to ALL professions
in British Columbia

BY THE NUMBERS

CLAIMS
COSTS

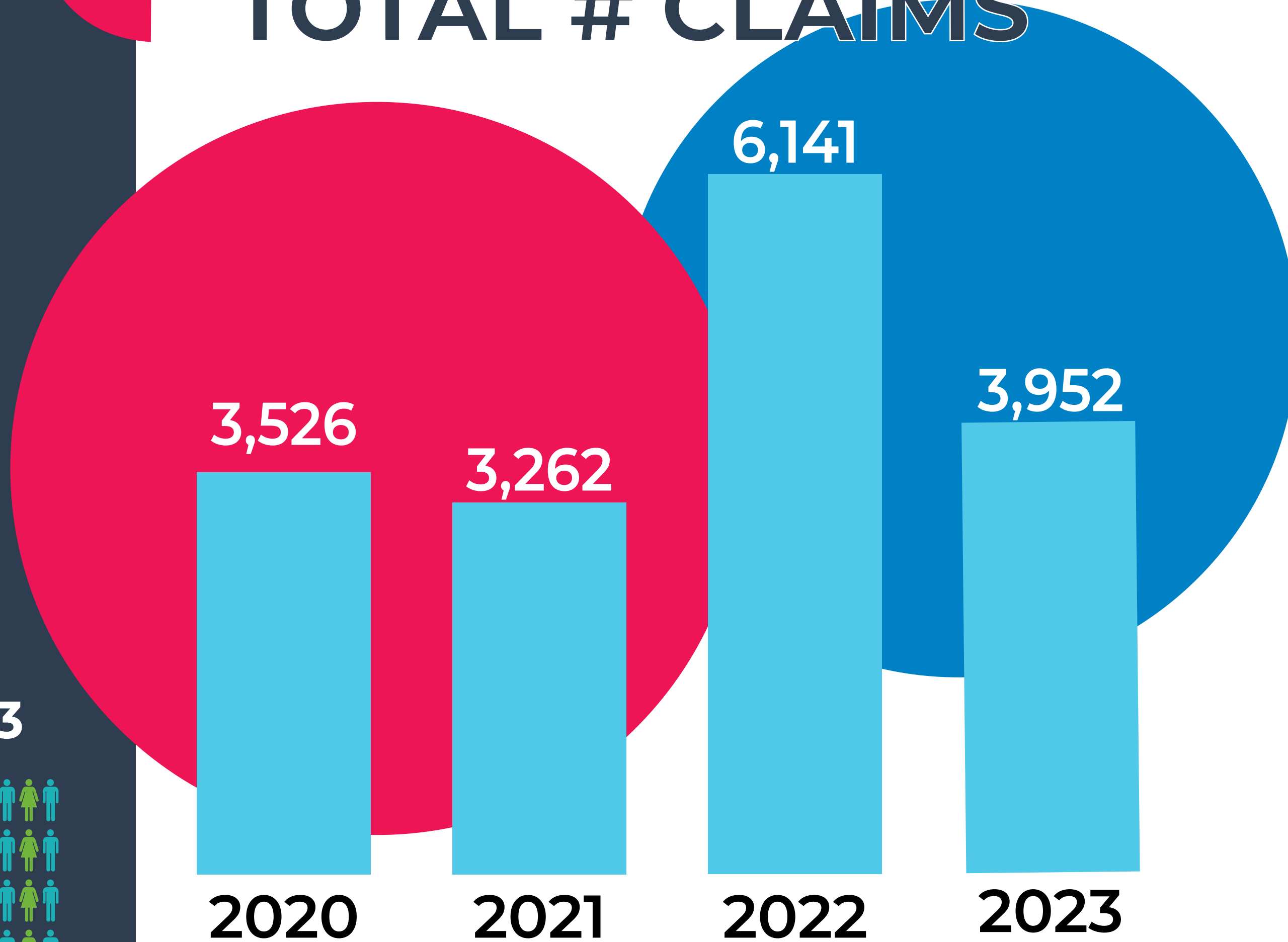


101,714 WORK DAYS LOST TO INJURY IN 2023



=406 FULL-TIME EMPLOYEES

TOTAL # CLAIMS



LONG-TERM CARE SECTOR

TOP INJURY EVENTS RESULTING IN LOST WORK DAYS

Overexertion

↑ 5% from 2022

Exposure to toxic substances

↓ 66% from 2022

Acts of violence

↑ 15% from 2022

Fall on same level

↓ 10% from 2022



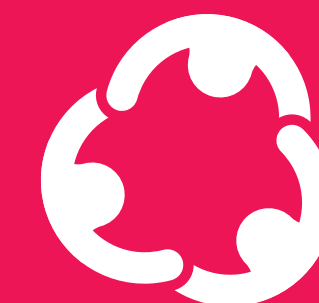
OVEREXERTION | 32% of total injuries

- Lifting or lowering
- Repetitive motion
- Pulling
- Pushing
- Holding
- Carrying
- Throwing
- Repetitive use of tools or instruments

PREVENTION



- Avoid bending, reaching, and twisting when lifting
- Take frequent short breaks
- Follow leading practices for safe handling
- Get help with heavy loads
- Lift smoothly



SafeCare BC

TOXIC EXPOSURE

Exposure to a toxic substance - including biological, chemical, or physical agents.

PREVENTION

- Assess the risk for toxic exposure
- Develop and follow an exposure control plan
- Reduce the risk by encouraging appropriate infection prevention and control practices, including proper hand washing and performing proper cough etiquette



31% of total
injuries

*most toxic exposures
in 2023 are due to
COVID-19



ACTS OF VIOLENCE

13% of
total
injuries

2023

Acts of violence are the **third leading cause** of workplace injury for long-term care workers in BC, representing **1,483** cases, or **12% of all injuries** over the past five years.

Violence in the workplace includes:

- Direct **physical assault**
- Written or **verbal threats**
- Physical or verbal **harassment**

PREVENT VIOLENCE IN LONG-TERM CARE



- Review and update your violence prevention policy
- Have a workplace violence prevention program that includes a risk assessment and controls, reporting and investigation
- Register your team in violence prevention education from SafeCare BC (*Provincial Violence Prevention Curriculum*)



SLIPS, TRIPS, AND FALLS

8% of
total
injuries

Prevent falls

- Mark spills or wet areas, and clean up spills immediately
- Remove obstacles from walkways and keep free from clutter
- Secure mats, rugs, and carpets and cover any cables that cross walkways
- Keep working areas and walkways well lit

The majority of workplace falls happen from slips and trips.

TOP SAFETY CONCERNS

Mental health
and wellness

50%

Fatigue and
overexertion

44%

Safe handling

32%

Caring for people
with dementia

28%

Workplace bullying
and incivility

21%

Infection prevention
and control

17%

Joint Occupational
Health and Safety
committee education

16%

Worker orientation

15%

Cultural safety, diversity,
equity, and inclusion

13%

** from the 2024
SafeCare BC
member survey*

Question

Why should your organization invest in a health and safety program?

Answer

Reducing injury rates, time-loss claims, and total work days lost will reduce backfill and recruitment costs, claims costs, and WorkSafeBC premiums.






SafeCare BC

HOW WE CAN HELP

At SafeCare BC, we empower workplaces that provide care to create a culture of safety through evidence-based education, advocacy for safer workplaces, leadership, and collaboration.



what we do

-  Walk you through the data in your **employer health and safety planning toolkit**
-  Support you through our **Tailored Outreach Program**
-  Offer your customized **one-on-one support** for health and safety challenges
-  Provide you with **leading-edge** training, workshops, and webinars

VISIT OUR WEBSITE



www.safecarebc.ca



Tools



Templates



Checklists



Guidebooks



Safety Huddles



And more...



SafeCare BC

