

SAFETY MEETING

Company Name: Superior Waterproofing

Tool Talk #36

Date: 09/17/2021

Mental Health and Suicide Prevention Toolbox Talk

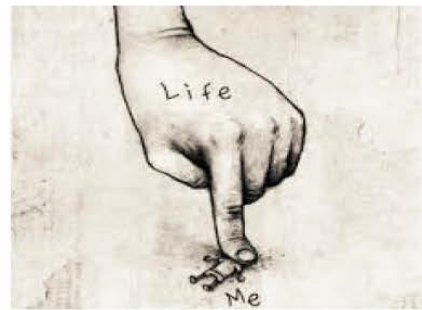
The Facts:

The Construction industry has the second highest rate of suicide in the United States at 53.3 per 100,000 workers according to the Center for Disease Control (CDC). In the U.S. there are approximately 123 suicides per day that breaks down to 1 death every 12 minutes. SafeBuild Alliance wants to keep construction industry workers safe, healthy and alive.

In 2014, a 33-year-old Oregon construction worker was found at his work site with fatal injuries consistent with falling 150 feet from a crane tower. The worker had called in sick a few days earlier and was last seen around 10pm the evening before at the construction site. This death has been classified as suicide by medical examiner.

What makes construction workers vulnerable?

- We work in roles that are isolating
- Employment is dependent on economy
- Spending large amounts of time away from family and friends
- Chronic pain caused by manual labor
- Stress due to time constraints, work environment & poor sleep.
- Use of alcohol and mood altering substances to cope
- Stigma of mental illness encourages secrecy & isolation



The list can go on and on. We want to provide you with a way to address these issues and to recognize the signs and symptoms. Once recognized you can then get the proper help to make sure that we all go home to our friends and family every day

If this is how your life feels, please talk with a friend, family member, co-worker or call a support hotline

You don't have to be a mental health worker to help someone who is struggling

WARNING SIGNS

- Talking about self-harm
- Self criticism, self hatred
- Withdrawing from others
- Self-destructive behavior
- No hope for the future
- Decreased productivity
- Talking about being a burden
- Extreme mood swings
- Increased tardiness
- Absenteeism

**1-800-273-TALK (8255)
Text HELLO to 741741**

Help for crisis or suicide prevention is a call or text away. It is free, confidential, and always available.



**Mental Health
Toolbox**

**SAFEBUILD
ALLIANCE**

PREVENTION TIPS

- Don't ignore it – Speak up if you're worried
- Show your concern; that you've noticed they are acting differently and inquire why they don't seem like themselves.
- Respond quickly if you believe your friend/coworker is in crisis.
- Offer help and support
- Call the suicide prevention hotline or crisis text line for ideas to help your coworker

WHAT UNSAFE OPERATIONS DID YOU FIND ON YOUR JOBSITE THIS WEEK? _____

What Corrective action was taken? _____

Meeting Attended By _____

Supervisor's Signature _____