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# **Tool Box Safety Talk # 20 Week Starting 05-12-2024.**

**Topic: Mental Health**

Mental health encompasses our emotional, psychological, and social well-being. It affects how we think, feel, and act. Just like physical health, everyone experiences ups and downs with their mental health. It's a spectrum, and it's okay to not always feel okay.

The construction industry comes with its own set of challenges that can impact our mental health. Tight deadlines, long hours, physically demanding work, and high-pressure environments can take a toll on anyone.

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.

What makes construction workers vulnerable?

* They 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

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

Just as we prioritize safety on the job site, we must prioritize our mental health. Here are some strategies:

1. **Break the Stigma:**

Let's create an environment where it's okay to talk about mental health without fear of judgment.

1. **Self-Care:**

Take breaks when needed, stay hydrated, and get enough rest. Physical health and mental health are intertwined.

1. **Seek Support:**

If you're struggling, don't hesitate to reach out for help. Whether it's talking to a trusted coworker, seeking counseling, or contacting a mental health hotline, there is support available.

1. **Watch Out for Each Other:** Notice changes in behavior among your coworkers. Offer support and encouragement when needed.

Connectedness is crucial to people have may be experiencing distress or who might be considering suicide. Reaching out to those who have become disconnected from others and offering them support can be a lifesaving act

Safety Recommendations: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Job Specific Topics: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

S.D.S Reviewed: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**TRAINING ROSTER**

COMPANY: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ JOBSITE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

## SUPERVISOR: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ DATE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**# 20 Mental Health 05-12-2024.**

**ADDITIONAL TOPICS COVERED: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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