



NATIONAL SUICIDE PREVENTION LIFELINE TOOLBOX TALK

In 2016 there were more than 44,000 suicides in the U.S. This is more than the 37,000 deaths in motor vehicle crashes that occur annually. The number of suicides increased by approximately 25% since 1999.

Suicide is a public health crisis that has been made worse by the opioid epidemic in the US. There were 62,000 drug overdoses in 2016. This was an increase of 19% over 2015.

The construction industry is considered to be high risk for suicide. In November 2018, the Centers for Disease Control & Prevention (CDC) released an updated study of suicides by occupation. Construction had the most suicides and the highest rate of suicides, which is 53.2 per 100,000 workers. That rate is four times greater than the national average and five times greater than that of all other construction fatalities combined. If the rate for architects and engineers is included, then the rate is approximately six times higher than the general population. Males account for almost 4 out of 5 suicide deaths.

Why the Construction Industry?

Construction is a male-dominated industry. Construction has been considered a "rough and tough" industry to work in. Many construction employees work long hours and spend a lot of time away from their families. Many employees miss a lot of family activities and some employees get lost in their work without positive outlets in their lives.

There is a lot of pressure in the construction industry. This is frequently expressed as budget, schedule, productivity, quality, and safety standards. The end of season or end of project layoffs can create financial stress if someone has not put money away for the off-season. Studies reveal that a majority of male employees do

not take time to see doctors or mental health counselors. The industry has a high rate of alcohol and drug use disorders, too. The industry has the highest use of prescription pain medications. These are among the risk factors that make construction employees vulnerable to suicide.

Help is Available

Suicide is preventable! Seeking help is the first step. We share this information to promote our Safety 24/7 Culture. We need everyone to care for one another. It's not enough to focus on getting people home safely at the end of a shift. For at-risk employees it's more important to get employees back to work safe from home.

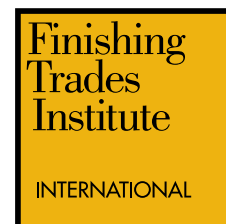
The National Suicide Prevention Lifeline is a free, confidential service that is available 24/7. It provides crisis intervention for people having thoughts about self-harm or who are considering taking their life. The telephone number is 1-800-273-8255.

Construction companies like ours are increasingly integrating mental health and suicide prevention in safety, health, and wellness programs as well as employee benefit programs.

Suicide prevention posters have been displayed in all company facilities and wallet cards have been distributed that highlight the warning signs for suicide risk. These both have the telephone number for the National Suicide Prevention Lifeline.

ACTION STEPS

- 1) Talk about the workplace posters - what did you think when they first were posted? What do you think now?
- 2) Pass out the wallet cards and talk about the warning signs for suicide.
- 3) Who can you call within the company if confidential support is desired for yourself or your family? ([Include your company's safety, risk management, HR, etc. here])



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EMPLOYEE #	PRINT NAME:	SIGNATURE: