



Shining Light on
MENTAL HEALTH & SUICIDE PREVENTION



March 19, 2021



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WHAT'S UNDER THE HARDHAT...?

- ✓ **WORKERS BRING THEIR CONCERNS, WORRIES AND DAY-TO-DAY DISTRACTIONS TO WORK WITH THEM**
- ✓ **MENTAL HEALTH IS A DRIVER OF OVERALL WELLBEING**
- ✓ **PHYSICAL HEALTH TIES TO BEHAVIORAL HEALTH AND VICE-VERSA**



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Impacts of Presenteeism

- Distractions leading to loss of attention and focus
- Increased number of near hits
- Rising risk of Serious Injuries and Fatalities (SIFs)
- Quality defects leading to rework
- Slowed productivity resulting in:
 - Increased labor costs and profit fade (overtime)
 - Schedule delays
 - Sequence challenges

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CRISIS IN CONSTRUCTION: WHAT?

PANDEMIC AND 2020 UNREST: A "PERFECT STORM" IN CONSTRUCTION:

1. WORSENING MENTAL HEALTH – *ISOLATION, STRESS, ANXIETY & DEPRESSION*
2. SUBSTANCE MISUSE AND ADDICTIONS
3. SUBSTANCE USE DISORDERS – *RISK OF RELAPSE LEADING TO OVERDOSES*
4. PTS FROM TRAUMATIC EXPERIENCES AND INJURIES
5. SUICIDE RISK



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CRISIS IN CONSTRUCTION: WHY?

- ISOLATION AND LONELINESS
- INCREASING FINANCIAL AND FAMILY PRESSURES
- WORKPLACE INJURIES
- CHRONIC PAIN
- GROWING SUBSTANCE MISUSE
- STIGMA AND OTHER BARRIERS TO CARE SEEKING
- LACK OF TREATMENT AND RECOVERY OPTIONS



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RIISING WORKFORCE RISK FACTORS

- 16 CONSECUTIVE YEARS QUEST DIAGNOSTICS REPORTS INCREASING PERCENTAGE OF POSITIVE WORKPLACE SUBSTANCE USE TESTS
- CONSTRUCTION DRUG USE INCREASED >13% BETWEEN 2015-18 (COCAINE & METHAMPHETAMINE)
- CONSTRUCTION HAS THE 2ND HIGHEST RATE OF HEAVY/BINGE DRINKING: 16.5% OF WORKERS REPORTING MORE THAN 5-7 DRINKS IN A SITTING MULTIPLE TIMES EACH MONTH
- 2020 SOCIAL UNREST HAS INCREASED STRESS, ANXIETY AND TRIGGERED PTS AMONG SOME VETERANS AND OTHERS (FORMER FIRST RESPONDERS)
- SPOUSAL AND CHILD DOMESTIC ABUSE AND INTIMATE PARTNER VIOLENCE HAS INCREASED DURING THE PANDEMIC
- INCREASING CONCERNS WITH WORKPLACE VIOLENCE

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WHY THIS TOPIC?

SUICIDE IS A PRESSING
NATIONAL PUBLIC
HEALTH CONCERN

- 47,511 DEATHS IN 2019
- SUICIDE CAN BE PREVENTABLE
- HOPE-HELP-RECOVERY



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CONSTRUCTION 2ND HIGHEST RATE

- 45.3 PER 100,000 WORKERS
- ESTIMATED >5,500 SUICIDES EACH YEAR
- 15 SUICIDES PER DAY
- 3.5 TIMES GREATER THAN THE NATIONAL AVERAGE



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RATES FOR TRADES VARY | TOP 9

1. IRONWORKERS = 79
 2. MILLWRIGHTS = 78.7
 3. BRICK/BLOCK MASONS = 67.6
 4. ROOFERS = 65.2
 5. LABORERS = 62
 6. CARPENTERS = 54.7
 7. EQUIPMENT OPERATORS = 52.8
 8. CONSTRUCTION MANAGERS = 45.7
 9. ELECTRICIANS = 44
- TRADES FIRST-LINE SUPERVISORS = 44



Source: CDC; January 24, 2020

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CONTACT INFORMATION

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