

Tools for Life – Weekly Health & Safety Meeting



Home Healthy - Home Safe

January 2021

Launching Apollo SPACE Program

Apollo is launching their 2021 SPACE program! SPACE stands for Suicide Prevention And Community Education. It is the focus of our Home Healthy-Home Safe program this year. The SPACE program will emphasize mental health and suicide prevention through our Toolbox Talks and special training opportunities throughout the year.

Suicide rates have been increasing year over year in many demographics, but the construction industry has been hit hard. An estimated 5,250 construction workers die by suicide every year. That is more than the fatal four causes combined. At Apollo, this is a very personal mission because these statistics are reflected in our employee's and their family's experiences of suicides.

We realize this can be a delicate topic for many people. Many of us have been impacted in one way or another by suicide. Our hope is that each of you will take this mission to heart, learn as much as you can, get comfortable talking about it, and help us prevent another suicide at work, at home or in your community.

The Apollo SPACE program has 4 primary objectives for 2021:

1. Train Apollo employees in QPR (Question Persuade Refer). This is the suicide prevention version of CPR.
2. Two Toolbox Talks each month will focus on construction worker risk factors that impact mental health and suicide prevention.
3. Increase awareness and utilization of Employee Assistance Plan (EAP) resources.
4. Make it ok to talk about mental health issues and suicide.

By focusing on these objectives, we hope to build a stronger, healthier Apollo workforce for our families and communities. Ultimately, we hope to prevent another suicide.

HEALTH REMINDER: We focus on getting everyone home safe at the end of their shift. Are we focusing on getting them back to work safe from home?

Discussion Points/Quiz Questions:

1. What do you think are the biggest barriers to talking about mental health and suicide prevention?
2. What are the biggest mental and behavioral health needs of construction workers at Apollo?

Please share any insights with your team and project safety manager.