

Tools for Life – Weekly Health & Safety Meeting



Home Healthy - Home Safe
January 2022

Taking Flight Apollo SPACE Program Year 2

In 2021 Apollo launched our SPACE program! SPACE stands for Suicide Prevention and Community Education. In 2022 it is the continued focus of our Home Healthy-Home Safe program this year. The SPACE program will emphasize overall health by touching on the 6 Pillars of Wellness and how those can help suicide prevention. The 6 Pillars are Physical Health, Nutritional Awareness, Finance Wellness, Community and Relationships, Mental Wellness and Suicide Awareness/Prevention.

The pillars of health topics will be delivered every other week, totaling 4 topics per pillar, with the final topic tying in how the knowledge and wellness of that pillar can help prevent suicide. In the construction industry you are still 5 times more likely to lose a friend or co-worker to suicide than all the fatal four combined. It is still Apollo's goal to give our family members the tools to help fight the battle against suicide and build overall health within our families.

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 2022:

1. Continue the training of our labor leaders in QPR and add it to a bi-annual schedule with our CPR.
2. Continue education on all aspects of health and wellness for our employees.
3. Continue the awareness and utilization of Employee Assistance Plan (EAP) resources.
4. Make it ok to talk about mental health battles 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: Studies show that the hours you spend outside of work are the driving factor to 75% of your happiness. Are you planning at home as well as you plan at work to get "Home Safe" every day?

Discussion Points/Quiz Questions:

1. Do you believe the more we bring awareness to suicide the more people are willing to talk about it?
2. What is the wellness needs of construction workers at Apollo?

Please share any insights from your team with Apollo Safety and call or email your safety manager