

Tools for Life – Weekly Health & Safety Meeting



Home Healthy - Home Safe

Date: August 2022

Relationship and Mental Health

Did you know,

- In a 2020 study found that 83% of construction workers have experienced a mental health issue.
- The construction industry has the greatest suicide rate of any industry at 53.2 suicides per 100,000 workers.

Throughout a typical work week, you will probably interact more with your colleagues than your loved ones. Positive interactions between each other not only makes for a better work environment but can encourage higher levels of job satisfaction and productivity. Negative or toxic relationships in the workplace can increase stress levels among each other, as well as feelings of isolation. Both stress and isolation negatively impact workers' mental and physical health, lowering employee morale and motivation.

Social Connections – Increasing social interactions amongst one another with increase workers level of comfort. When workers are comfortable with each other, they are more inclined to share ideas, provide feedback and offer support.

Mental Health – Construction can be a great job. There's satisfaction working as a team to build places that people appreciate and use. We take pride in what we do, but there is also a lot of stress in our job. We are talking about mental health today because the CDC lists construction as one of the jobs with the highest rate of death by suicide and substance abuse.

Physical Health – The physical demand of construction can weigh heavy on a worker's body throughout their career, but what is equally important is a worker's health and well-being to ensure consistent work performance and overall health. Despite the hazards and risks presented from the work environment it is also essential to provide your body with proper nutrition, sleep, and daily exercise.

How can you be aware and help?

The first thing you can do to help your crew break the stigma. Small steps eventually lead to bigger leaps. Create an open dialogue, be aware of any changes in your coworkers and don't be afraid to speak up! Take that "all for one" attitude found on the job site & apply it to help your team members.

Discussion Points

1. Be open, create dialogue with your team.
2. Do you know about our QPR program?

Please take a minute to take this survey,
Scan the QR code.

