

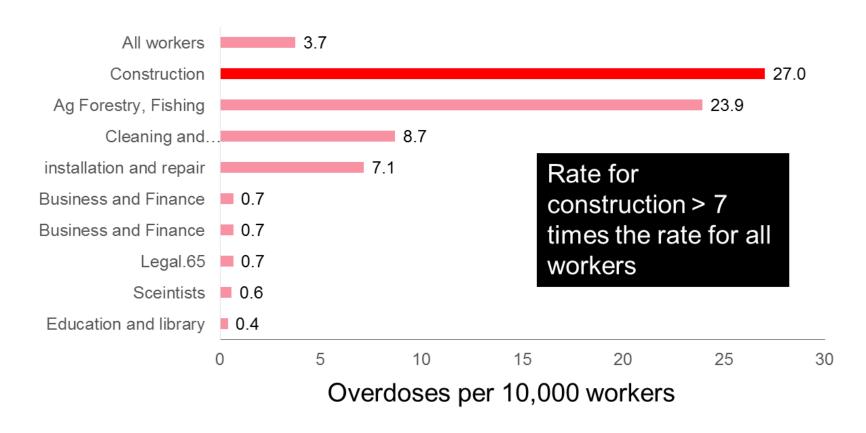
CPWR Resources

Chris Cain
Executive Director

ccain@cpwr.com

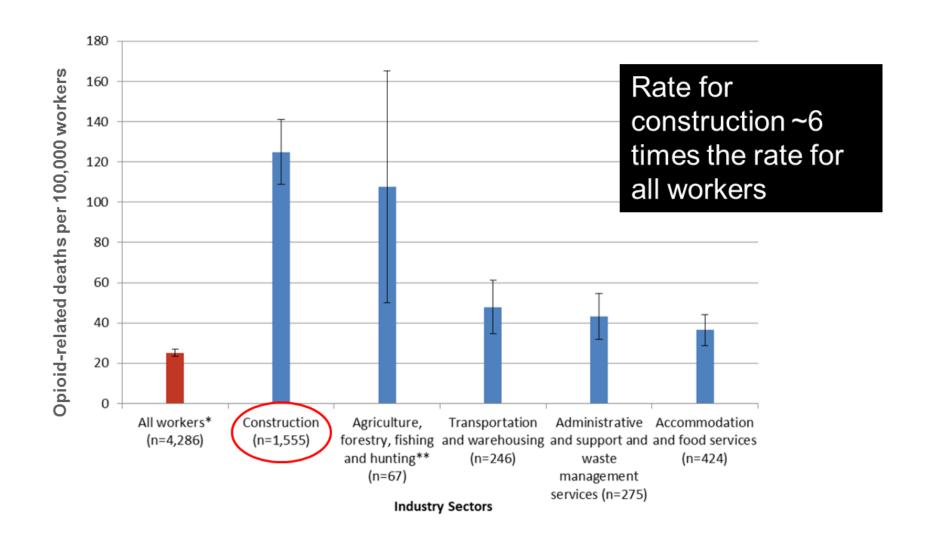
NCCMP 14 October 2020

Rate of Opioid Overdose Deaths by Industry, Ohio, 2010-2016*

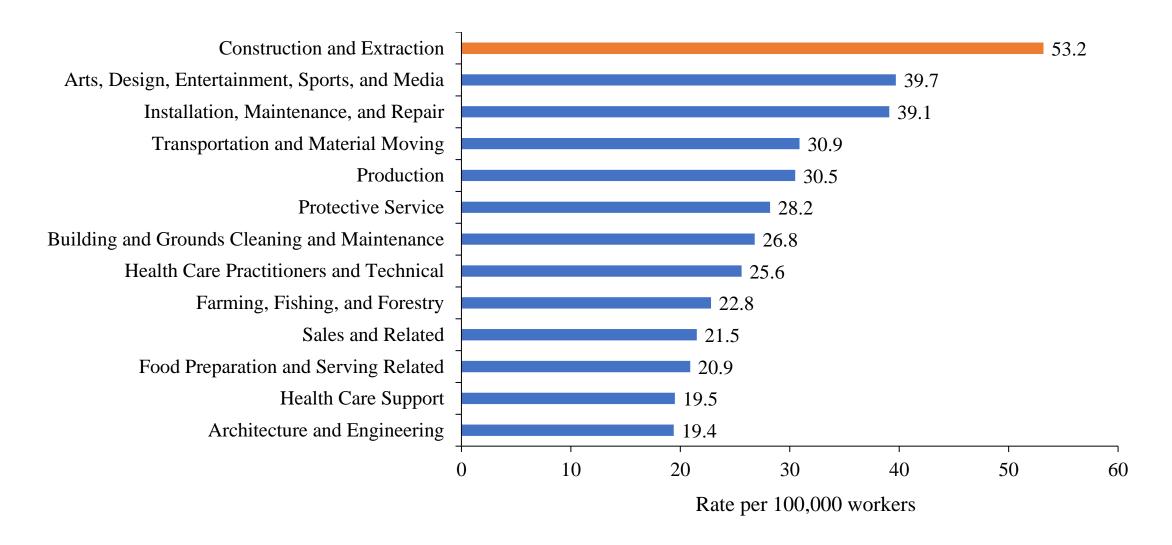


^{*} Highest and lowest rate industries. Source: Cleveland Plain Dealer

Industry sectors with opioid-related overdose death rates significantly higher than the average rate for all workers, Massachusetts workers, 2011-2015, n=4,302



Suicide rates among male U.S. workers, by major occupation group, 2015



Source: CDC MMWR – Suicide rates by major occupation group –17 states, 2012 and 2015

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RESEARCH

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Mental Health & Addiction

Mental health issues - in particular opioid addiction and suicide - are impacting construction workers at alarming rates. Rates of both opioid use and suicides have risen dramatically throughout the US over the past several years, and studies have shown that these are areas of particular concern for the construction industry, [1], [2]

Click here to find information and resources about opioid deaths, prevention, and pain management alternatives.

Click here to find resources to help organizations and individuals understand suicide prevention, start a conversation. and play a role in supporting friends, co-workers and family members. If you or someone you know needs immediate help, please use the lifeline information on the right-hand side of this page.

CPWR also has a Toolbox Talk on workplace stress available in English and Spanish: Workplace Stress

Estrés en el Trabajo

[1] Centers for Disease Control. Opioid Overdose: Understanding the Epidemic. https://www.cdc.gov/drugoverdose/epidemic/index.html (accessed November 2019) [2] SafeBuild Alliance. Mental Health & Suicide Prevention. http://safebuildalliance.com/resources/mental-health-suicide-prevention (accessed September 2019)





Suicide Prevention Resources

Suicide rates have risen dramatically in recent years in the U.S. There are roughly 129 suicides per day or 1 death every 11 minutes. [1] In the construction industry, suicide is now a leading cause of death.

There is not a simple answer to why this increase has occurred – particularly among construction workers. However, just as we develop and identify resources to help construction workers and employers prevent visible injuries and illnesses, we are also committed to preventing those that may be less visible but equally as important to the safety, health, and well-being of the construction workforce.



19 outbreak

There are a growing number of resources available to help organizations and individuals understand the issue, start a conversation, and play a role in supporting friends, co-workers and family members. This online resource is intended to help construction employers, unions and workers quickly find information on suicide prevention.

IF YOU OR SOMEONE YOU KNOW NEEDS IMMEDIATE HELP, PLEASE CONTACT THE:

National Suicide Prevention Lifeline -

a free and confidential resource that connects individuals with skilled, trained counselors 24/7. (United States)

Call 1-800-273-TALK (1-800-273-8255)

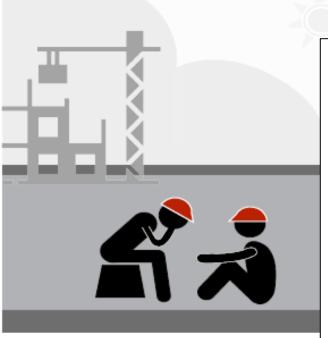
Use the online Lifeline Crisis Chat





Suicide Prevention in Construction





- Learn to recognize the warning signs of suicide.
- * If someone you know is exhibiting warning signs, don't ignore them. Reac
- Offer support and encourage them to get help.
- ★ If you believe someone is in immediate danger, call 911, take them to a ne room, call the National Suicide Prevention Lifeline at 1-800-273-8255, or r Crisis Text Line by texting "HELLO" to 741741 to connect with a crisis cou



Prevención del suicidio en el sector construcción -



En los últimos años, la tasa de suicidios ha aumentado y ahora es la 10.º causa de muerte en los EE. UU. La , industria de la construcción tiene una de las tasas de suicidio más altas en comparación con las de otras industrias. Si bien no existe una razón sencilla que explique este aumento, aprender las señales de alarma y la forma de buscar ayuda podría salvar su vida o la de un compañero de trabajo.

La historia de John y Matt

Matt notó que John, su compañero de trabajo, actuaba de manera diferente, se molestaba con facilidad, no cumplia las prácticas de seguridad en el trabajo y almorzaba solo. Reconoció que estas podían ser las señales de alarma del suicidio. Durante el almuerzo, llamó a una línea directa de crisis y pidió consejo sobre cómo hablar con John y conseguir que lo ayudaran. Al final del día, Matt se acercó a John y le dijo que últimamente había notado un cambio en su estado de ánimo y comportamiento y que estaba preocupado. Le preguntó a John si había tenido ideas de suicidio y le contó sobre la línea directa. Al principio, John se enoió, pero lúego admitió que se había sentido deprimido y aliviado de poder hablar con alguien al respecto. Matt convenció a John de que llamara a la línea directa de crisis. Ahora, John recibe la ayuda que necesita y Matt continúa

- ¿Conoce a alguien que haya tenido ideas suicidas o que se haya suicidado?
- ¿Cuáles son algunas de las señales de alarma del suicidio?
- ¿Cómo podemos ayudar a un compañero de trabajo cuando hay señales de alarma del suicidio?

Recuerde esto

Reconozca las señales de advertencia

Hablar sobre: El deseo de morir

- Culpa o vergüenza Ser una carga para los demás

De vacío, desesperanza o de no tener razones para vivir

- Sumamente triste, ansioso, agitado o engiado
- Dolor emocional o físico insoportable

Comportamiento:

- Planificación o investigación de formas de morir, adquisición de un arma
- Alejamiento de amigos, parientes o actividades, despedidas, regalo de posesiones o elaboración de un
- Agitación o ira mayor conflicto entre compañeros de
- Cambios de humor extremos
- Cambios en la personalidad o descuidos de la apariencia personal
- Toma de riesgos peligrosos, como un mayor consumo de alcohol o drogas, o conducción de manera imprudente Comer o dormir en mayor o menor medida
- Aumento de la impuntualidad para llegar al trabajo y absentismo laboral
- Si algún conocido suyo presenta una de estas señales, no lo ignore. Inicie una conversación. La mejor manera de averiguar si una persona tiene ideas suicidas es preguntar directamente.
- Escuche sin juzgar y exprese preocupación y apoyo. Asegúrele
- NO le diga a nadie que lo haga, no debata el valor de vivir y no discuta si el suicidio es correcto o incorrecto.
- NUNCA prometa mantener en secreto sus pensamientos
- Anime a la persona a que vaya a consulta con un profesional de la salud mental o avúdela a ubicar un centro de tratamiento
- Si cree que alguien está en peligro inmediato, llame al 911, llévelo a una sala de emergencias cercana, llame al 1-888-628-9454 de la Línea Nacional de Prevención del Suicidio, o comuníquese con la Línea de Texto de Crisis enviando el

mensaje de texto "HELLO" al 741741 para comunicarse con un

Manténgase en contacto con esa persona después de una

Si usted o alguien que conoce necesita ayuda inmediata, comuníquese con el 1-888-628-9454 de la Línea Nacional de Prevención del Suicidio, use su chat en línea, o envíe el mensaje de texto "HELLO" al 741741 para comunicarse con un orientador para las crisis. Estos ofrecen apoyo gratuito y confidencial con orientadores capacitados las 24 horas, los 7 días de la semana

¿C	ómo podemos estar a salvo hoy?
¿Qı	ué podemos hacer hoy para ayudar a evitar el suicidio?
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2.	
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Together we can help
Prevent Suicide in
Construction

The construction industry has one of the highest suicide rates.

Learn about the warning signs and how to start a conversation at tinyurl.com/

Remember,
You are never
alone.



If you or someone you know needs immediate help, contact the National Suicide Prevention Lifeline at 1-800-273-TALK (8255) or text "HELLO" to 741741 to connect with a crisis counselor.

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DRAFTS

Reach Out
Respond
Connect

Together,

we can help prevent

Suicide in Construction.

Reach Out
Respond
Connect



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Opioids Resources cpwr.com/research/opioid-resources



Physicians'/Providers' Alert:

Pain Management for Construction Workers

This Alert was developed to help ensure that all construction workers who visit a doctor or other healthcare provider because of pain from an injury are aware of treatment options and understand the potential risks of addiction associated with using prescription opioids. Please:

- (1) read and print this Alert;
- (2) keep the "Tips for Talking with Your Doctor"; and
- (3) fill in the "To My Doctor" form and give it to your doctor to include in your medical records.

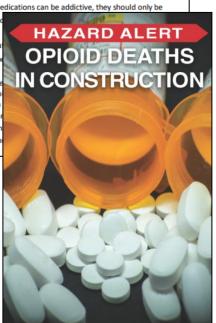
Tips for Talking with Your Doctor: What You Need to Know Before Accepting an Opioid Prescription

Opioids, such as fentanyl (Duragesic*), hydrocodone (Vicodin*), oxycodone (OxyContin*), oxymorphone (Opana*), hydromorphone (Dilaudid*), meperidine (Demerol*), diphenoxylate (Lomotil*), tramadol, buprenorphine (e.g., Suboxone*), morphine, and codeine are often prescribed to help manage pain. In addition, new drugs are entering the market place, such as Dsuvia™, which are considered even more addictive. Since these medications can be addictive, they should only be

used if other treatment options are not effective. When prescribed, they sho closely monitored, and include counseling.

Talk to your doctor about treatment options and how the medication may a

- ✓ If you have been or are being treated for another health issue or have b
- ✓ If you have a history of addiction to tobacco, alcohol or drugs, or if there
- ✓ About your work environment. Let your doctor know that 1) taking opio they can make you drowsy, and 2) testing positive for some drugs, even impact employment opportunities. Some employers have expanded par are regularly reviewed and updated. The Department of Transportation
 - Opioids (codeine, morphine, 6-AM (heroin), hydrocodone, hydromo
 - Phencyclidine





1 out of 4 people prescribed

opioids for long-term pain

become addicted."



Opioid Deaths in Construction



- If you're injured, opioids are the last option. Talk to your doctor about non-addictive medications or other options to treat the pain.
- * Need help with addiction

