

## Preventing suicide in construction

Construction Suicide Prevention Week (Sept. 9-13) highlights the alarming suicide rate (53.2 per 100,000) among male construction workers. The industry aims to raise awareness of the unique challenges and explore preventative measures. Together, we can save lives.

### Why are construction workers at risk for suicide?

- “Tough guy” culture & mental health stigma
- Unsteady employment due to seasonal changes and/or economic downturn
- Chronic pain caused by manual labor
- Stress due to time constraints, poor working conditions & sleep disruption
- Travel that may take workers away from family & friends

### Warning signs

- Talking about self-harm/destructive behavior
- Self-criticism/hatred
- Withdrawing from others
- Expressing no hope for the future
- Decreased productivity
- Talking about being a burden
- Extreme mood swings
- Increased tardiness or absenteeism
- Giving away personal items that hold meaning or value

### Three levels of response

#### LEVEL 3

Coworker is at **imminent risk** of self harm (i.e., plan and intent)



- Call emergency services.
- Notify HRBP or Safety Manager (either Project Safety Manager or District Safety Manager).
- In the event of **risk of harm to self**: Make sure someone stays with the individual until help arrives.

#### LEVEL 2

Coworker expresses thoughts of self-harm or suicide but is **not** at imminent risk



- Talk to them about getting help and connect employee to their Employee Assistance Program (EAP).
  - Notify HRBP and Safety Manager (either Project Safety Manager or District Safety Manager).

#### LEVEL 1

Coworker's presentation or behavior has become concerning



- Check-in with employee to offer concern and connect employee to their EAP.
- Remember you always have someone to turn to for help. It could be your manager, someone from HR, the EAP or a safety manager.

If you're having suicidal thoughts, help is here.  
Call or text 988 or visit [UndertheHat.com](https://www.UndertheHat.com) for confidential support.

*Employee Assistance Program (EAP) providers vary from country-to-country and individual benefits packages. Please read the EAP eligibility statements noted within the materials under your country on [UndertheHat.com](https://www.UndertheHat.com).*

# CREW SIGNATURES

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| Project: |  | Supt:    |  |
| Date:    |  | Foreman: |  |

## Topic:

Crew Member Names

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