

# Investing in Your Workforce: Construction Industry Mental Health Resources

October 26, 2023

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[www.988lifeline.org](http://www.988lifeline.org)

If you or someone you know needs immediate help, please contact:

#### **National Suicide Prevention Lifeline**

A free and confidential (U.S.) resource that connects individuals with skilled, trained counselors 24/7.

- Call [988](tel:988) or 1-800-273-TALK (8255)
- Online chat: [www.988lifeline.org/chat](http://www.988lifeline.org/chat)

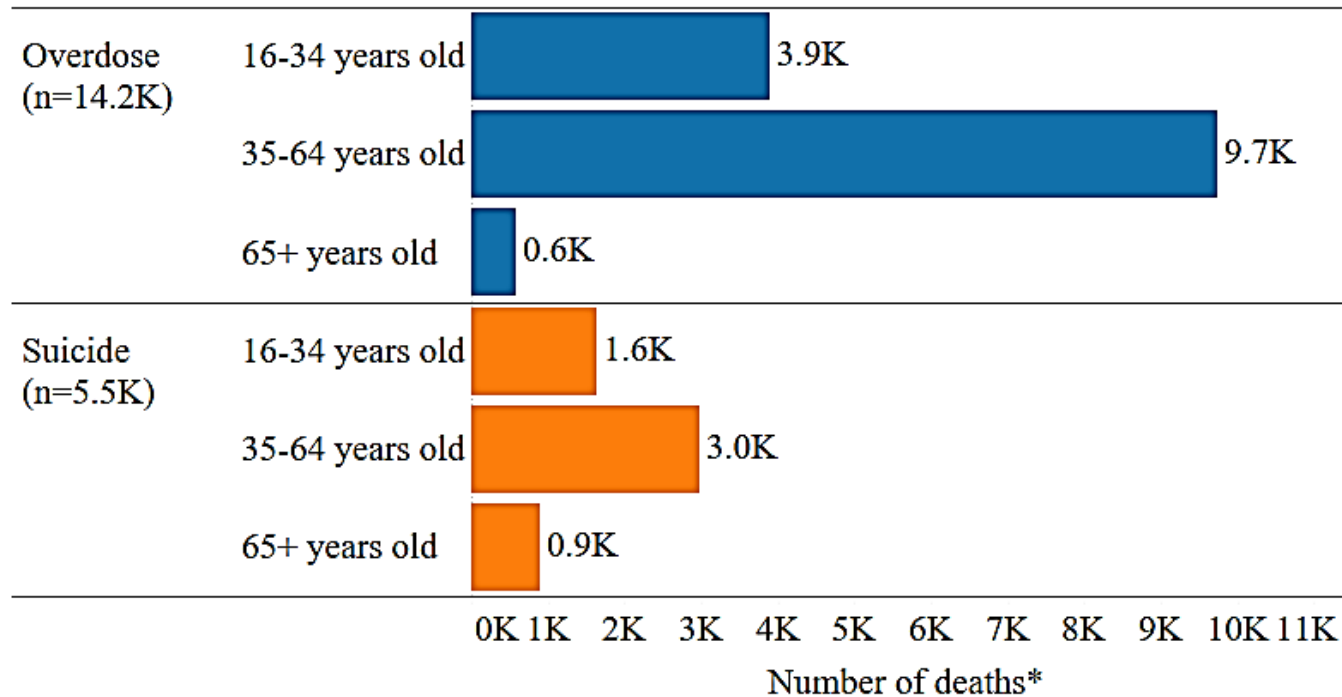
#### **Crisis Text Line**

Serves anyone—in any type of crisis—providing access to free, 24/7 support via a medium people already use and trust: text.

- Text “HOME” to **741741** to connect with a Crisis Counselor.

# Why do we need to address mental health in the construction workplace?

## 9. Number of deaths\* for selected emerging issues in construction by age, 2020<sup>^</sup>



**Source:** National Center for Health Statistics, 2020 Mortality Multiple Cause File. Calculations by the CPWR Data Center.

\* All causes of death are included in chart, not just at work deaths.

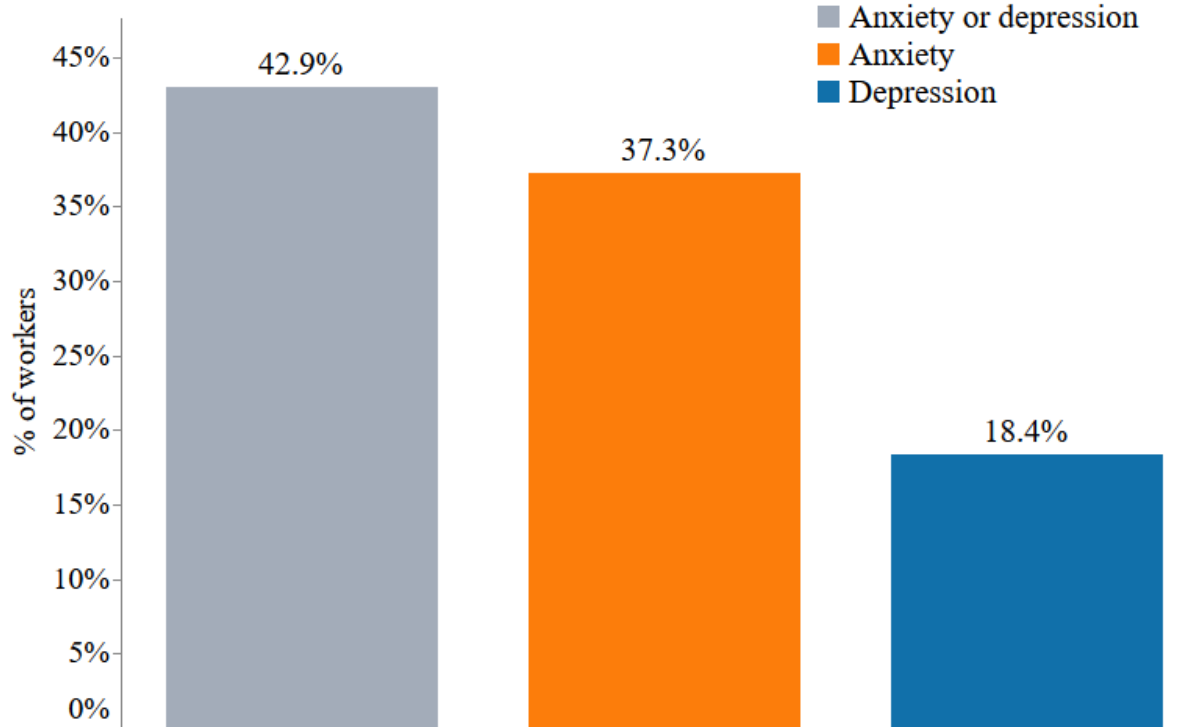
<sup>^</sup> Suicides include overdoses determined to be intentional.

# Why do we need to address mental health in the construction workplace?

- In 2020, there were **14.2K overdose** and **5.5K suicide deaths** among construction workers.
- A majority of these deaths occurred among those in the **35 to 64 age group**, which accounted for 68.5% of the overdose deaths and 54.1% (n=3.0K) of suicide deaths.
- The suicide rate in the U.S. is rising, but **construction workers are at a greater risk of suicide than the average worker**
- All levels: laborers, skilled trades, operators, management
- **Male construction workers have a suicide rate 65% higher than all U.S. male workers**

# Impact of COVID-19

8. Percentage of construction workers feeling more anxious/depressed in 2020 than in 2019\*



Source: National Health Interview Survey, 2019-2020. Calculations by the CPWR Data Center.

\*Chart includes sub-sample of construction workers who were interviewed in both 2019 and 2020.

- During June 24-30, 2020, **U.S. adults reported considerably poorer mental health conditions due to the pandemic**. 40% of all adults reported struggling with mental health or substance abuse.
- **42% of construction workers reported feeling MORE anxious or depressed in 2020 than in 2019.**
- In 2020, the prevalence of anxiety/depression (based on feelings or medication) in workers was 15%, and was particularly high in those who were:
  - age 18-34 (18%),
  - female (24%),
  - living below the poverty line (18%),
  - or working part-time (19%).

# Interactive Mental Health Data Dashboard

<
Anxiety/Depression, 2019-2020
Anxiety/Depression, 2010-2018
Psychological Distress, 1999-2018
>

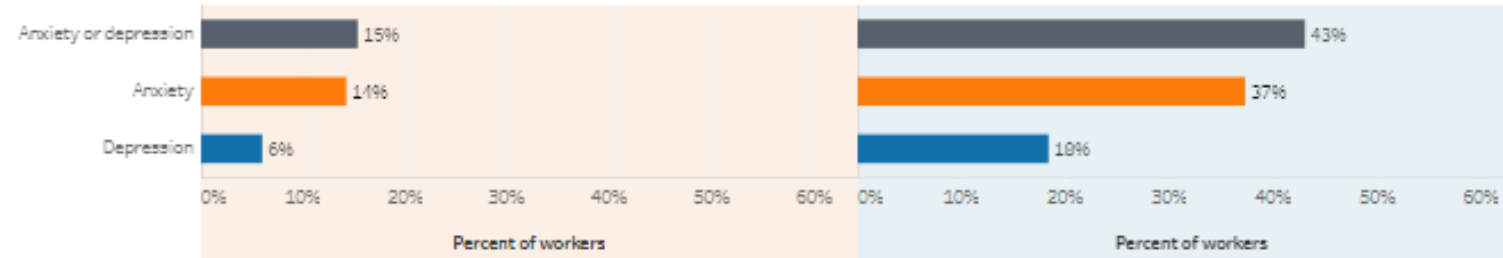


## Construction Worker Mental Health



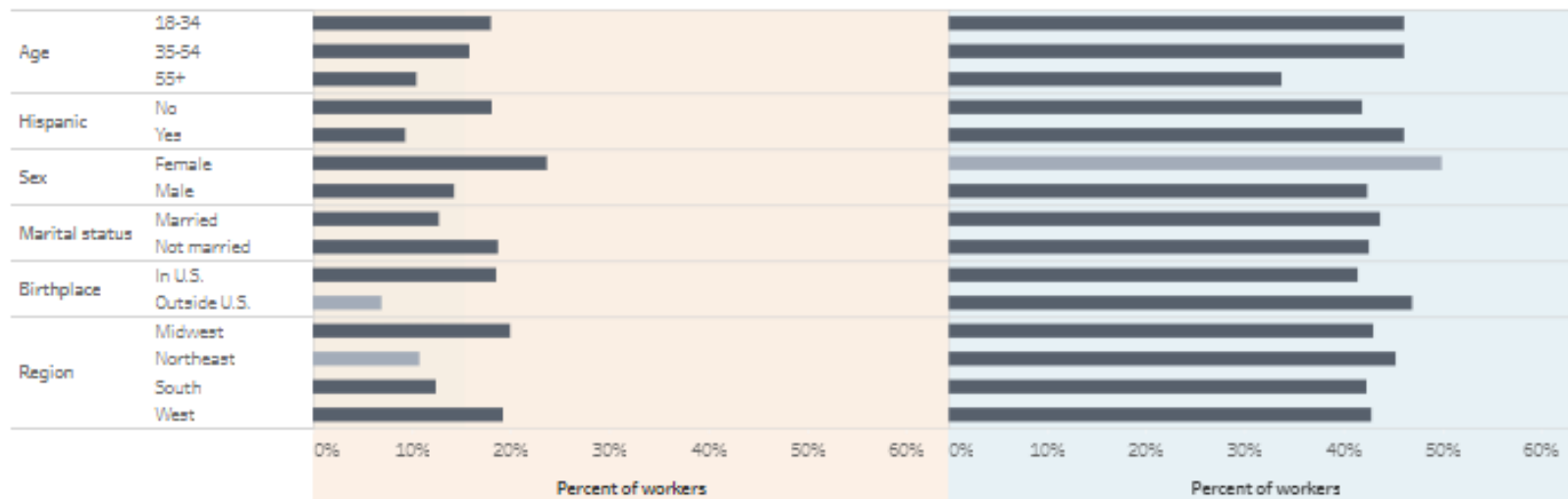
Anxiety/depression prevalence, 2020  
Full sample
Increased anxious/depressed feelings from 2019 to 2020,  
Subsample\*

### Overall anxiety or depression



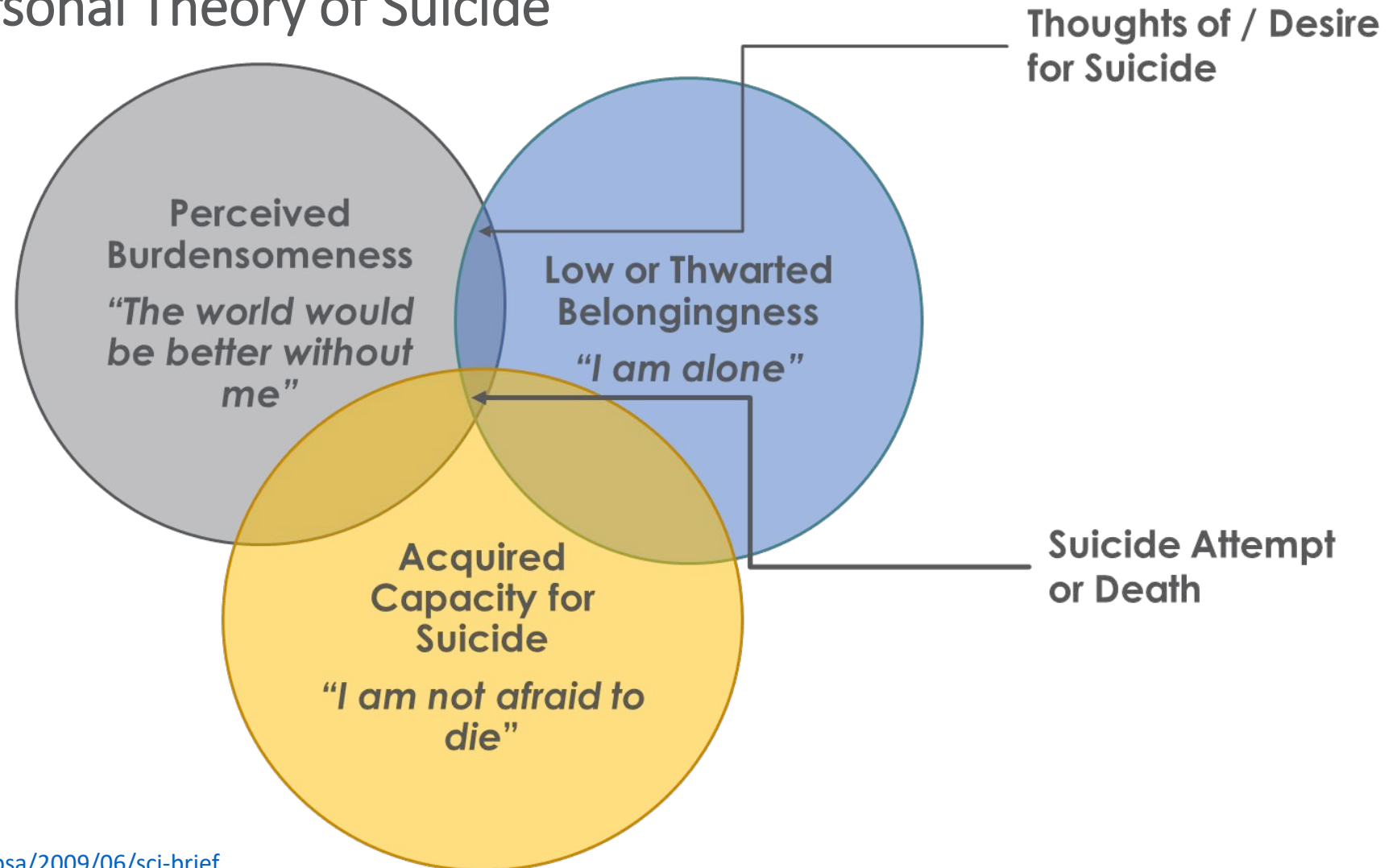
### Anxiety or depression by demographic characteristics\*\*

Characteristic:



# What are the Construction Risk Factors?

## Joiner's Interpersonal Theory of Suicide



# What are the Construction Risk Factors?

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## Perceived Burdensomeness

- Chronic pain
- Extreme pressure/low margin for error
- Promotion of supervisors without leadership training
- Skills gaps, feeling stuck

## Capacity for Suicide

- Access to lethal means on the job
- High rates of substance use disorder
- Many veterans in the workforce

## Low or Thwarted Belongingness

- Stoic “culture”/tough-guy mentality – MENTAL HEALTH STIGMA!
- Separation and/or isolation (i.e., travel for work)
- Layoffs, financial instability

## Additional Factors

- Sleep deprivation, odd hours
- Poor access to & utilization of healthcare (incl. mental healthcare)



# Warning signs

Due to stigma...it may seem impolite to talk about suicide, but...*asking if a person is okay or if they are contemplating suicide will NOT cause them to consider it if they were not already.*

## Direct Statements:

- I'm going to kill myself (Verbal)
- Accessing pills, guns, etc. (Behavioral)

## Indirect Statements:

- I'm going away forever (Verbal)
- Giving away prized possessions (Behavioral)

## Other signs:

- Hopelessness
- Rage
- Feeling trapped
- Withdrawing from friends
- Dramatic mood swings
- Increased alcohol/drug usage
- Poor sleep
- Depressed

## Performance Issues That Can be Warning Signs

- Decreased problem-solving ability
- Decreased self confidence
- Decreased productivity
- Increased tardiness & absenteeism
- Increased conflict among co-workers
- Increased near hits, incidents, injuries



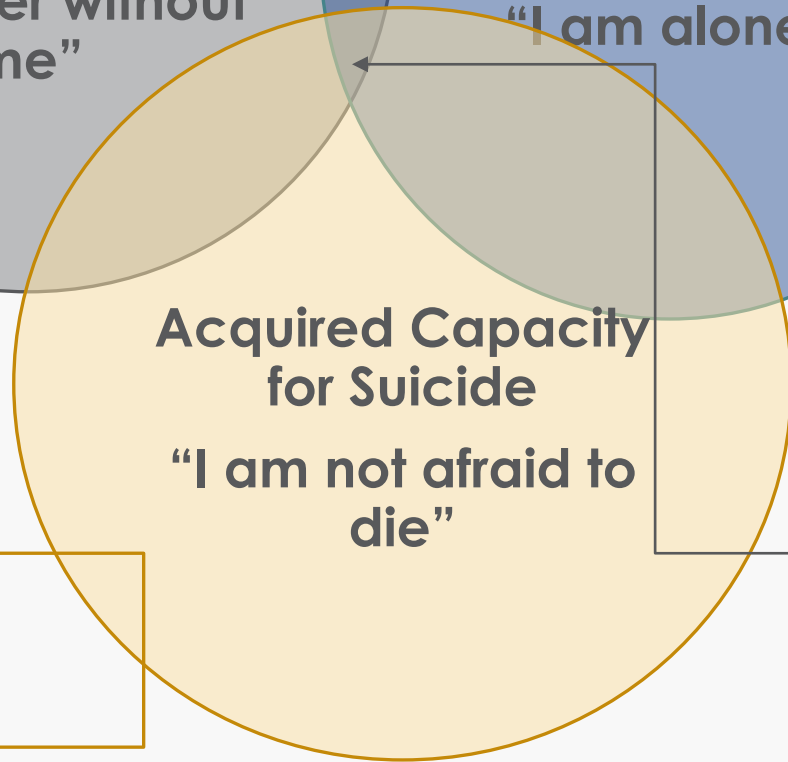
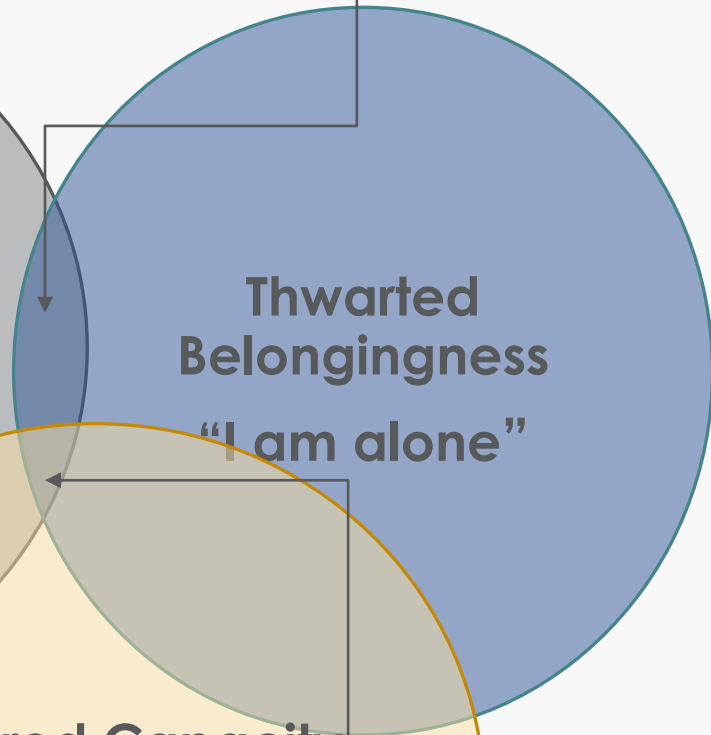
Source: CIASP

# Creating a Culture of Care

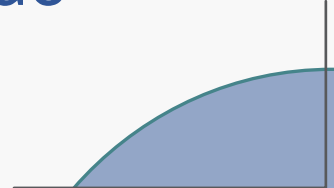
- Leadership support
- Injury management/return to work programs
- Flexibility with scheduling
- Setting reasonable expectations
- Peer-support groups & team-building activities
- Financial education
- Substance use education
- Reduce jobsite access to lethal means
- Train management in soft skills and communication
- Train and develop employees to reach their full potential
- Build in protective factors for veterans

# Joiner's Interpersonal Theory of Suicide

- Workplace Protective Factors:
- Management support
  - Realistic expectations
  - Constructive correctional actions

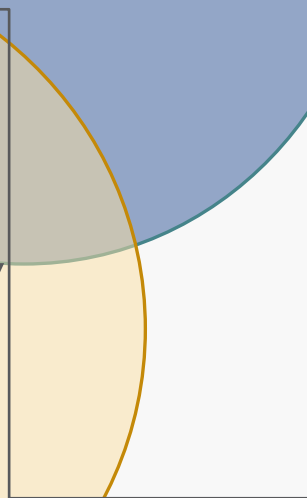


Thoughts of / Desire for Suicide



- Workplace Protective Factors:
- Encouraging peer relationships
  - Creating social connectedness
  - Watching out for people at times of relationship changes

- Workplace Protective Factors:
- Trauma exposure reduction
  - Crisis management



Suicide Attempt or Death

# Recommended Resources

- ❑ [CPWR Mental Health Section](#)
- ❑ [Construction Industry Alliance for Suicide Prevention](#)
  - ❑ [screening.mentalhealthscreening.org/ciasp](https://screening.mentalhealthscreening.org/ciasp)
  - ❑ [Toolbox Talks & Resources @ www.preventconstructionsuicide.com](http://www.preventconstructionsuicide.com)
- ❑ [Construction Suicide Prevention Week](#)
- ❑ [The Associated General Contractors of Missouri \(AGCMO\) – Suicide Prevention in the Construction Industry – #youarenotalone](#)
- ❑ [\*The Causes and Consequences of Traumatic Brain Injuries\*](#)
- ❑ [\*U.S. kids grappling with mental health crisis made worse by the pandemic\*](#)
- ❑ [American Foundation of Suicide Prevention](#)
- ❑ [Centers for Disease Control and Prevention \(CDC\) Suicide Prevention](#)
- ❑ NIOSH Workplace Safety & Health Topics:
  - ❑ [Opioids in the Workplace](#)
  - ❑ [Workplace Supported Recovery Program](#)
- ❑ [SAMHSA Treatment locator](#)
- ❑ [Message from Doug Parker](#)

# Jobsite Suicide Prevention Resources

- Toolbox Talk
- Hazard Alert Card
- Infographics
- Links to external resources (CIASP, NIOSH, etc.)

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/cpwr-suicideprevention](https://tinyurl.com/cpwr-suicideprevention).

Remember,  
**You are not 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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**HAZARD ALERT**  
CPWR  
THE CENTER FOR CONSTRUCTION RESEARCH AND TRAINING

## Suicide Prevention

IN CONSTRUCTION



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**Help Prevent Suicide...**

**1 Reach Out**

If you notice the warning signs of suicide in someone you know, **talk to them – start a conversation.** Ask them about a specific warning sign you've noticed. For example, *"I've noticed lately that you are sitting alone at lunch and avoiding all of us while we're at work, and I am concerned."* You may feel uncomfortable, but the best way to find out if someone is having suicidal thoughts is to **ask them directly**, *"Are you thinking about suicide?"* Asking this will not put the idea into their head or make it more likely that they will attempt suicide.

**If the answer is "Yes," do not leave them alone and get help.**

Source: California Mental Health Services Authority (CalMHSA). Know the Signs. <https://www.suicidprevention.org>

**2 Respond**

When talking to someone who may be thinking about suicide, **take what they say seriously.** Listen without judgement, and express concern and support. **Be direct.** Talk openly and matter-of-factly about suicide. Do not ask questions encouraging them to deny their feelings, such as: *"You're not thinking about suicide, are you?"* **Reassure** them that help is available.

**DO NOT:**

- ✗ **Tell the person to do it; debate the value of living or argue that suicide is right or wrong; minimize their problems** by saying things like *"You'll get over it," "Toughen up,"* or *"You're fine"; promise to keep their thoughts about suicide a secret.*

Source: National Suicide Prevention Lifeline. Help Someone Else. <https://bit.ly/2aeq95>

**3 Connect**

Encourage the person to see a mental health professional. Call the National Suicide Prevention Lifeline for advice and referrals, or help them locate a treatment facility or program.

**Stay in touch with them after a crisis to see how they are doing.** Remind them:

- ▶ **YOU ARE NOT ALONE. THERE IS HOPE. SUICIDE IS NOT THE ANSWER.**

**If someone is in immediate danger,** call 911, take them to a nearby emergency room, call the **National Suicide Prevention Lifeline** at 1-800-273-8255, or reach out to the Crisis Text Line by texting "HELLO" to 741741 to connect with a crisis counselor.

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**To Learn More About Preventing Suicides, Visit:**

**CPWR – Suicide Prevention Resources:** <https://tinyurl.com/Suicide-Prevention>

**Construction Industry Alliance for Suicide Prevention:** <https://preventconstruction-suicide.com/index.php>

**American Foundation for Suicide Prevention:** <https://afsp.org/>

**If You or Someone You Know Needs Immediate Help, Contact:**

**The National Suicide Prevention Lifeline:** Provides free and confidential support from trained counselors 24/7.

- ▶ Call 1-800-273-TALK (8255)
- ▶ Use the online Lifeline Chat at: <https://bit.ly/2WVG0cm>

**Crisis Text Line:** Text "HELLO" to 741741 for free, 24/7 confidential support.

**1-800-273-TALK (8255)**  
[suicidepreventionlifeline.org](https://suicidepreventionlifeline.org)



8484 Georgia Avenue  
Suite 1000  
Silver Spring, MD 20910  
301-578-8500  
www.cpwr.com

<https://www.cpwr.com/research/research-to-practice-r2p/r2p-library/other-resources-for-stakeholders/mental-health-addiction/suicide-prevention-resources/>

# Workplace Stress Toolbox Talk

- Workplace Stress
- Estrés en el Trabajo

**CPWR [ ] TOOLBOX TALK**  
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## Workplace Stress



- ✘ Ask for help.
- ✘ Reduce job stress by taking good care of yourself.
- ✘ Exercise regularly. Exercise is a powerful stress reliever.

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**CHARLA INFORMATIVA**

## Estrés en el Trabajo

El trabajo puede ocasionar salud e incluso lesiones. El estrés es el daño físico y emocional que ocurre cuando las exigencias de un trabajo exceden las capacidades del trabajador.

**Frank**  
Estaba bajando en un proyecto que se estaba acelerando. El quizó trabajar más rápido, lo que afectó la calidad de su trabajo. Debido a la presión, Frank sufrió un colapso psicológico. Él podría haber evitado este problema si hubiera buscado a alguien que conoce a manejar el estrés en el trabajo? De ser así, ¿qué se podría hacer para tratarlo mejor?

**Recuerde esto:**

- Pida ayuda si se siente abrumado por el trabajo. Está atento de sus compañeros de trabajo. Si uno muestra señales de estrés, si es posible, ofrezca ayuda.
- Informe a su supervisor o al delegado sindical si cree que el cronograma está creando presión que está afectando su trabajo y su salud.
- Reduzca el estrés laboral cuidándose a sí mismo.
- Haga ejercicio con regularidad. Es un gran mitigador del estrés.
- Asegúrese de buscar atención médica si comienza a sentir lo siguiente:
  - Frecuentes dolores de cabeza
  - Dificultades para dormir
  - Dificultades para concentrarse
  - Malestares estomacales
  - Mal temperamento

**¿Cómo estamos seguros hoy?**  
¿Qué podemos hacer en el trabajo para prevenir el estrés laboral?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

NORMA OSHA 1926.56

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Asociación de Ingenieros en Seguridad por su apoyo y contribución en la traducción al español.

# New Training Materials for Building Resilience

- CPWR's new resilience training tool includes **nine activities** that guide discussions with construction workers about substance use, suicide, and mental and physical wellbeing.
- These field-tested training activities are **designed for groups of 8-10** apprentices or journey-level workers and can be completed in 30 minutes to an hour.
- The workbook includes [detailed facilitation instructions](#) and an [introductory slide set](#).

# Preventing Traumatic Brain Injuries

- Head protection awareness video
- Hazard Alert Card
- Toolbox Talk
- More resources coming soon on Helmets vs. Hardhats

**HAZARD ALERT**

CPWR

RESEARCH AND TRAINING

## Preventing Head Injuries



**Are you in danger?**

Thousands of workers suffer head injuries each year and hundreds die.<sup>1</sup>

The following are a few common causes of head injuries:

- ▶ Falling and hitting your head.
- ▶ Being hit by falling tools and materials.
- ▶ Coming in contact with overhead electrical wires or equipment.

You can see some head injuries, such as cuts, burns, and bruises. But you cannot see a brain injury. These injuries happen when you are hit so hard that your brain bounces and twists inside your head. A **concussion** is a type of "traumatic brain injury."<sup>2</sup>

Sources: Bureau of Labor Statistics, Fatality, Injuries and Illness Database; OSHA (www.osha-slc.gov); NIOSH "Traumatic Brain Injury in Construction" (http://www.niosh.gov/publications/csp/2016-00017/conv.html); accessed 1/20/16.

**Signs of a concussion:**

|  |   |
|--|---|
| ▶ Feeling dizzy                        | ▶ Vomiting or nausea                          |
| ▶ A headache that gets worse over time | ▶ Clear fluids draining from the nose or ears |
| ▶ Ringing in ears                      | ▶ Convulsions or seizures                     |
| ▶ Blurred vision and dilated pupils    | ▶ Loss of consciousness                       |
| ▶ Being dazed, confused or disoriented | ▶ Inability to awaken from sleep              |

See a doctor if you injure your head and have any of these symptoms. Get help if a co-worker suffers a head injury or has any of these symptoms.

A severe traumatic brain injury can be fatal.

Source: Mayo Clinic; "Traumatic brain injury" (http://www.mayoclinic.org/diseases-conditions/traumatic-brain-injury/symptoms-causes/slc-20573021).

**Your employer is required to provide head protection:**

- ▶ When there is "danger of a head injury from impact, or from falling or flying objects, or from electrical shock and burns."
- ▶ That meets the American National Standards Institute (ANSI) standards and is the right protection for the work you are doing.

**What's the difference between a hard hat and a safety helmet?**

- ▶ Both protect your head. Safety helmets have a chin strap and may have other safety features.




Source: OSHA 29 CFR 1926 Subpart E, 1926.100 – Head Protection (https://www.osha.gov/laws-regs/regulations/standardnumber/1926/1926.100)

**Protect Your Head...**

**1 Always wear head protection**

Your hard hat/safety helmet should have an ANSI marking on both the shell and suspension and be the right type and class for the job:

- ▶ **Type 1** reduces the force of impact only from blows to the top of the head.
- ▶ **Type 2** reduces the force of impact from blows to both the top and the sides of the head.
- ▶ **Class C does not** provide protection from electrical conductors.
- ▶ **Class G** reduces danger from exposure to low voltage electrical conductors of up to 2,200 volts.
- ▶ **Class E** reduces danger from exposure to high voltage electrical conductors of up to 20,000 volts.

Source: ANSI Z89.1-2014 (www.safetyequipment.org/standard/ansi-z89-1-2014); accessed 1/20/16.

**2 Make sure it fits**

Always wear head protection – a hard hat or safety helmet – that fits.

- ▶ Do not wear a cap, hood, or other headgear under your head protection. Headliners for cold weather that are designed to be compatible with the head protection can be used.
- ▶ Wear hearing and eye protection designed for use with your head protection.

**3 Check for damage**

Before using your hard hat or safety helmet:

- ▶ Check for cracks, tears in the suspension, dents or other signs of damage. **Do not** use a damaged hard hat or safety helmet.
- ▶ Clean your head protection with hot water and mild soap. Do not use solvents or other harsh chemicals, which can weaken your head protection.

**Learn more about head injuries and how to prevent them:**

- ▶ OSHA Head Protection – 1926.100 
- ▶ CDC – Traumatic Brain Injury & Concussion 

**If you think you are in danger:**  
 Contact your supervisor.  
 Call OSHA  
 1-800-321-OSHA

**Find out more about construction hazards.**

To receive copies of this Hazard Alert and cards on other topics:

call 301-978-9800 or email cpwr@cpwr.com

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## Protección de la Cabeza



- ✘ Nunca altere la carcasa del casco ni el cojín de soporte de suspensión (cushion-support suspension).
- ✘ Siempre use su casco con la visera hacia adelante. La certificación ANSI no cubre los cascos utilizados al revés.
- ✘ No permita que su casco toque cables eléctricos.
- ✘ Use solo protección de los ojos diseñada para trabajar con cascos. Asegúrese de seguir las instrucciones de uso del fabricante.

<https://www.cpwr.com/research/research-to-practice-r2p/r2p-library/other-resources-for-stakeholders/head-injuries/>



# Jobsite Opioid Resources

- Toolbox Talk
- Hazard Alert Card
- Infographics
- Physician's Alert
- Links to external resources (CIASP, NIOSH, etc.)

HAZARD ALERT

## OPIOID DEATHS IN CONSTRUCTION

**Why Are Construction Workers at Risk?**

- ▶ The construction industry has one of the highest injury rates compared to other industries.
- ▶ Opioids are often prescribed to treat the pain caused by these injuries.
- ▶ Long-term opioid use can make people more sensitive to pain and decrease the opioid's pain-reducing effects.

According to the CDC, 1 out of 4 people prescribed opioids for long-term pain become addicted.

**Injured Construction Workers Often...**

- ▶ Cannot continue to work while injured.
- ▶ Suffer a loss in income. Even if an injured worker receives workers' compensation, it is often not enough to make up for lost pay.
- ▶ Experience anxiety, stress, and depression, which can add to the pain and are additional risk factors for addiction.

WORKERS COMPENSATION

**Overdose Deaths Are On the Rise.**

- ▶ In 2020 alone, there were more than 93,000 overdose deaths in the U.S.—nearly 78% of which involved an opioid. Opioid-related overdose deaths increased 36.7% over 2019.<sup>1</sup>
- ▶ These increases were exacerbated by the COVID-19 pandemic because of isolation, loss of loved ones, stress, unemployment, precarious housing, decreased access to treatment services, and more.<sup>2</sup>
- ▶ Construction workers are significantly more likely to die from an opioid overdose than the average worker — studies in both Ohio and Massachusetts, for example, showed they were seven times more likely.<sup>3</sup>
- ▶ Additionally, a past study has shown that more than half of those who died from an overdose had suffered at least one job-related injury.<sup>4</sup>

**Protect Yourself!**

**1 Prevent Injuries**

Work shouldn't hurt. Your employer should be committed to a safe job site and you should use safe practices. Together these reduce the risk of injuries and therefore the need for pain medication.

**2 Talk to a Doctor**

Opioids are addictive and can have side effects.

Ask about:

- ▶ Other forms of pain medication that are not addictive and have fewer side effects.
- ▶ Other forms of pain management such as physical therapy.

Opioids should be the last option to treat your pain. They should be used for the shortest possible time. See your doctor for help to find the best addiction treatment.

**3 Get Help**

Opioids change how your brain works, triggering an addiction. If you're having trouble stopping using opioids, check with your doctor for help to find the best addiction treatment.

Remember addiction is an illness!

Call this confidential national helpline:

1-800-662-HELP (4357)

**If you or someone you know needs help:**

- ▶ Contact the Substance Abuse and Mental Health Services Administration at <https://www.samhsa.gov> or call their confidential national helpline: **1-800-662-HELP (4357)**.
- ▶ Visit the Recovery Resources online hub: <https://www.recoveryresources.org>.
- ▶ Contact your union: <https://www.iaa.com>.
- ▶ Find a list of union opiate aid: <https://www.iaa.com>.
- ▶ Give your doctor the Physician's Alert on Pain Management among Construction Workers from <https://www.iaa.com>.

**Find on construction and call 311 email cpwr**

Source: 1) NIDA/NIH, "Rising Opioid Deaths: Prescription Drug Abuse in the U.S.," *NIH News in Health*, 2020. 2) CDC, "Overdose Deaths Involving Opioids, 2016-2019," *Morbidity and Mortality Weekly Report*, 2021. 3) *The New York Times*, "Overdose Deaths in Ohio and Massachusetts Show Construction Workers at High Risk," 2021. 4) *The New York Times*, "Overdose Deaths in Ohio and Massachusetts Show Construction Workers at High Risk," 2021.

TOOLBOX TALK

CONSTRUCTION SAFETY RESEARCH AND TRAINING

## Opioid Deaths in Construction

**Construction work can result in painful injuries that are sometimes treated with prescription opioids. One in four people prescribed opioids for long-term pain become addicted and opioid-related deaths**

**Remember This**

- ▶ Your employer must provide a safe work environment to prevent injuries. If you see a hazard on the job, report it to your supervisor or

**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®), oxycodone (Pana®), 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 Duvivia™, 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 should be used for the shortest time possible, be closely monitored, and include counseling.

Talk to your doctor about treatment options and how the medication may affect you. Remember to tell your doctor:

- ✓ If you have been or are being treated for another health issue or have been prescribed other medications by another doctor.
- ✓ If you have a history of addiction to tobacco, alcohol or drugs, or if there is a history of addiction in your family.
- ✓ About your work environment. Let your doctor know that 1) taking opioids on the job can be a safety hazard because they can make you drowsy, and 2) testing positive for some drugs, even when prescribed for pain, can negatively impact employment opportunities. Some employers have expanded panels of drugs they test employees for, which are regularly reviewed and updated. The Department of Transportation's drug test panel, for example, includes:<sup>1</sup>
  - Opioids (codeine, morphine, 6-AM (heroin), hydrocodone, hydromorphone, oxycodone, oxymorphone)
  - Phencyclidine
  - Marijuana (THC)
  - Cocaine
  - Amphetamines (amphetamine, methamphetamine, MDMA, MDA)

Before accepting a prescription for one of the medications listed earlier or another opioid, ask your doctor/healthcare provider:

1. Can my condition be effectively treated without opioid medication? If yes, what would the treatment involve?
2. [If prescribed an opioid and are taking other medications] Will the opioid medication interfere with other medications that I'm currently taking?
3. Are there potential side effects from the opioid medication prescribed? If yes, how can I reduce the risk of side effects?

**Remember:**

**NEVER** share medications or store medications where others will have access.  
**ALWAYS** safely dispose of medications. Look for a medicine disposal center near you (often at your local pharmacy).

**To learn more visit:**

- CPWR Opioid Resources website <https://www.cpwr.com/research/opioid-resources>
- Substance Abuse and Mental Health Services Administration (SAMHSA) <https://www.samhsa.gov/> or call their confidential national hotline 1-800-662-HELP (4357)
- Facing Addiction's online Addiction Resource Hub <https://resources.facingaddiction.org/>

1 Source: U.S. Department of Transportation. (2018). DOT 5 panel notice. [https://www.transportation.gov/odapc/DOT\\_5\\_Panel\\_notice\\_2018](https://www.transportation.gov/odapc/DOT_5_Panel_notice_2018)

CPWR THE CENTER FOR CONSTRUCTION RESEARCH AND TRAINING

<https://www.cpwr.com/research/research-to-practice-r2p/r2p-library/other-resources-for-stakeholders/mental-health-addiction/opioid-resources/>

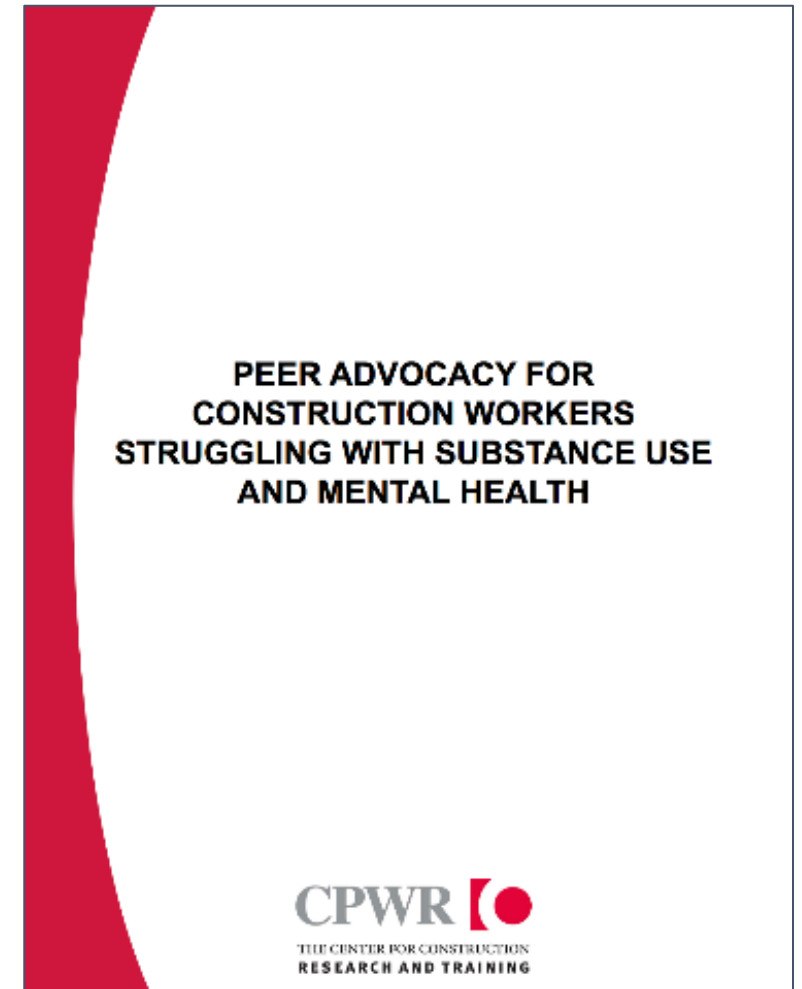
# Opioid Awareness Training

- Created an opioid hazard awareness training on behalf of North America's Building Trades Unions to:
  - Improve knowledge about opioids and related substance use and mental health
  - Inspire and motivate trainees to act
- The training program was updated in the fall of 2021. A second module will be added later. We welcome your feedback on how to make it even more effective.
  - [\*\*NABTU Opioid Awareness Training Program — Module 1\*\*](#) (before downloading, be aware that this is a 100 MB+ PowerPoint file)
  - [\*\*Opioid Awareness Training Program Facilitator Guide — Module 1\*\*](#)
  - [\*\*NABTU Opioid Awareness Training Program Participant Handout — Module 1\*\*](#)

<https://www.cpwr.com/research/research-to-practice-r2p/r2p-library/other-resources-for-stakeholders/mental-health-addiction/opioid-resources/opioid-awareness-training-program/>

# Peer Advocacy in the Construction Industry

- Interviewed Key Informants from the NABTU Opioid Task Force
  - Union Response to Opioid Crisis
- 7 of 13 Interviewees Discussed Peer Advocacy
  - Themes about Peer Advocacy Included:
    - ✓ Barriers -- Stigma, Buy-In, Trust
    - ✓ Planning
    - ✓ Design
    - ✓ Recovery



[https://www.cpwr.com/wp-content/uploads/Peer\\_Advocacy\\_Construction\\_Workers\\_Struggling\\_Substance\\_Use.pdf](https://www.cpwr.com/wp-content/uploads/Peer_Advocacy_Construction_Workers_Struggling_Substance_Use.pdf)

# NIEHS and NIOSH Explore the Expansion of Recovery Friendly Workplace Programs

## Findings from the Recovery Friendly Workplace Landscape Analysis Include:

- The **top three challenges** to establishing and maintaining a Recovery Friendly Workplace (RFW) were **employer buy-in, funding, and stigma**.
- About **two thirds of states do not have** an established RFW program.
- **Resources** for outreach, training of employers, unions, and communities are **lacking**.
- Most RFW programs **do not engage in job placement** activity or provide recovery support for job placements.
- **Only 17%** of respondents addressed **prevention of workplace injuries** as part of their services.



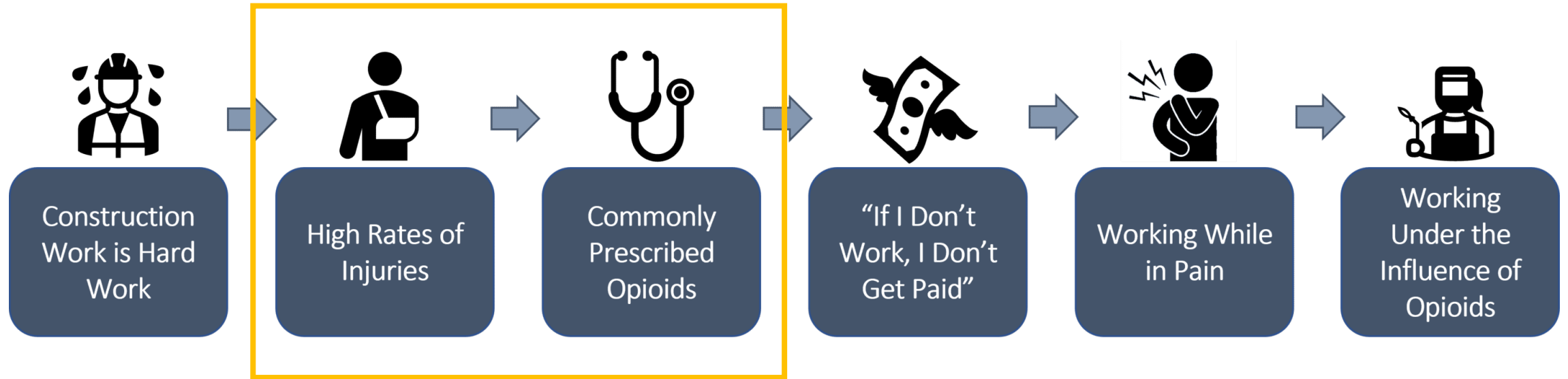
 National Institute of Environmental Health Sciences



<https://blogs.cdc.gov/niosh-science-blog/2023/08/07/rfw/>

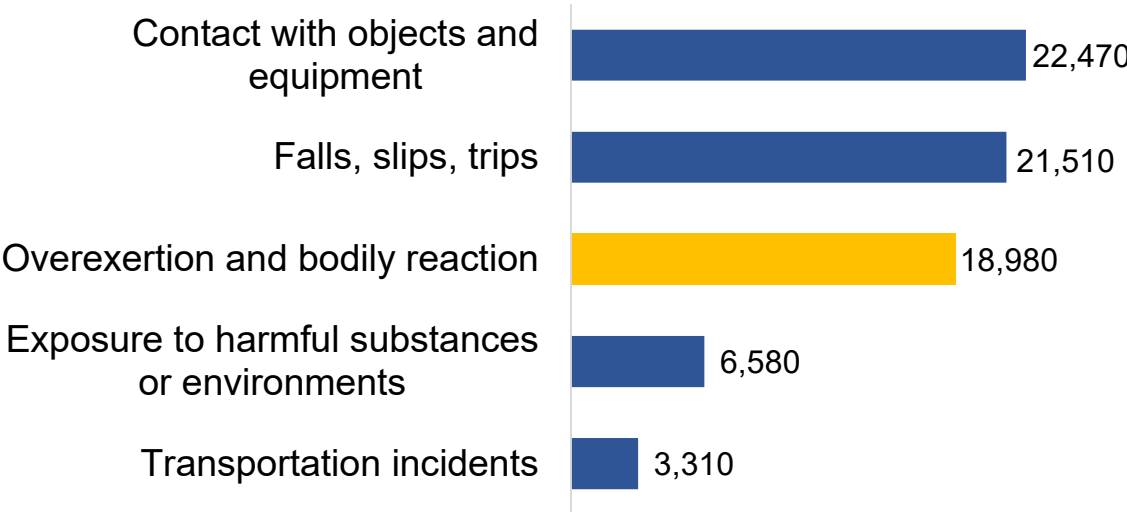
# Opioids Primary Prevention: Best Built Plans

A Program to Reduce the Risk for Overexertion Injuries in Construction



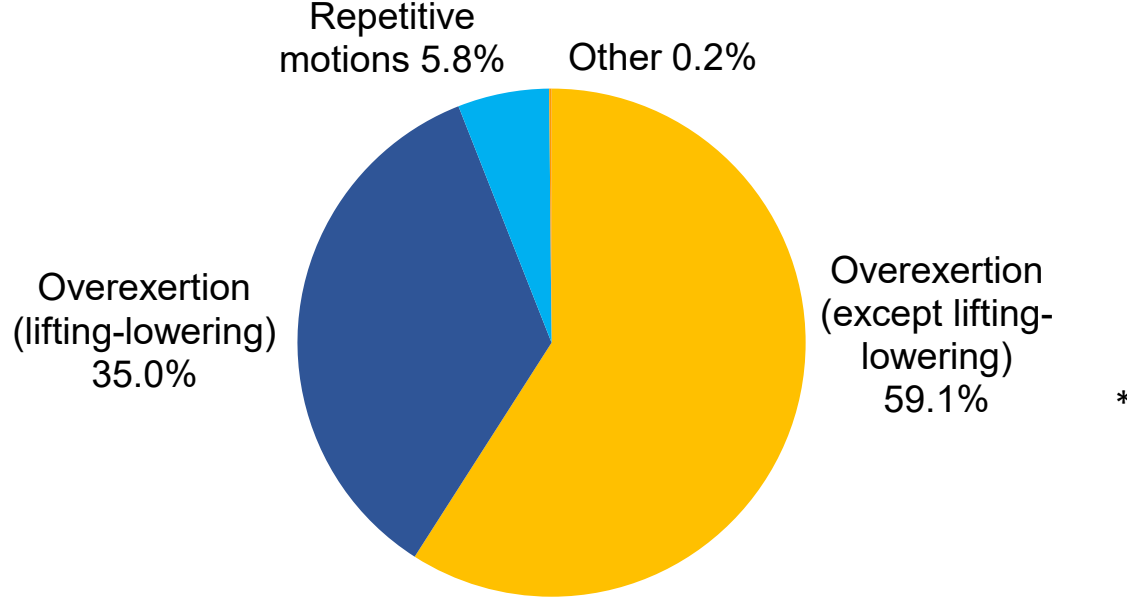
# Overexertion injuries are a leading cause of disabling injuries in the construction industry...

**Top nonfatal injuries in construction, 2020**



Source: [CPWR Fatal and Nonfatal Injuries Data Dashboard](#)

**Causes of WMSDs resulting in days away from work in construction, 2017 (Total = 19,960 injuries)**



\* Overexertion involving pushing, pulling, holding, carrying, and catching  
"Other" includes overexertion and bodily reaction, unspecified; and multiple types of overexertion and bodily reactions.

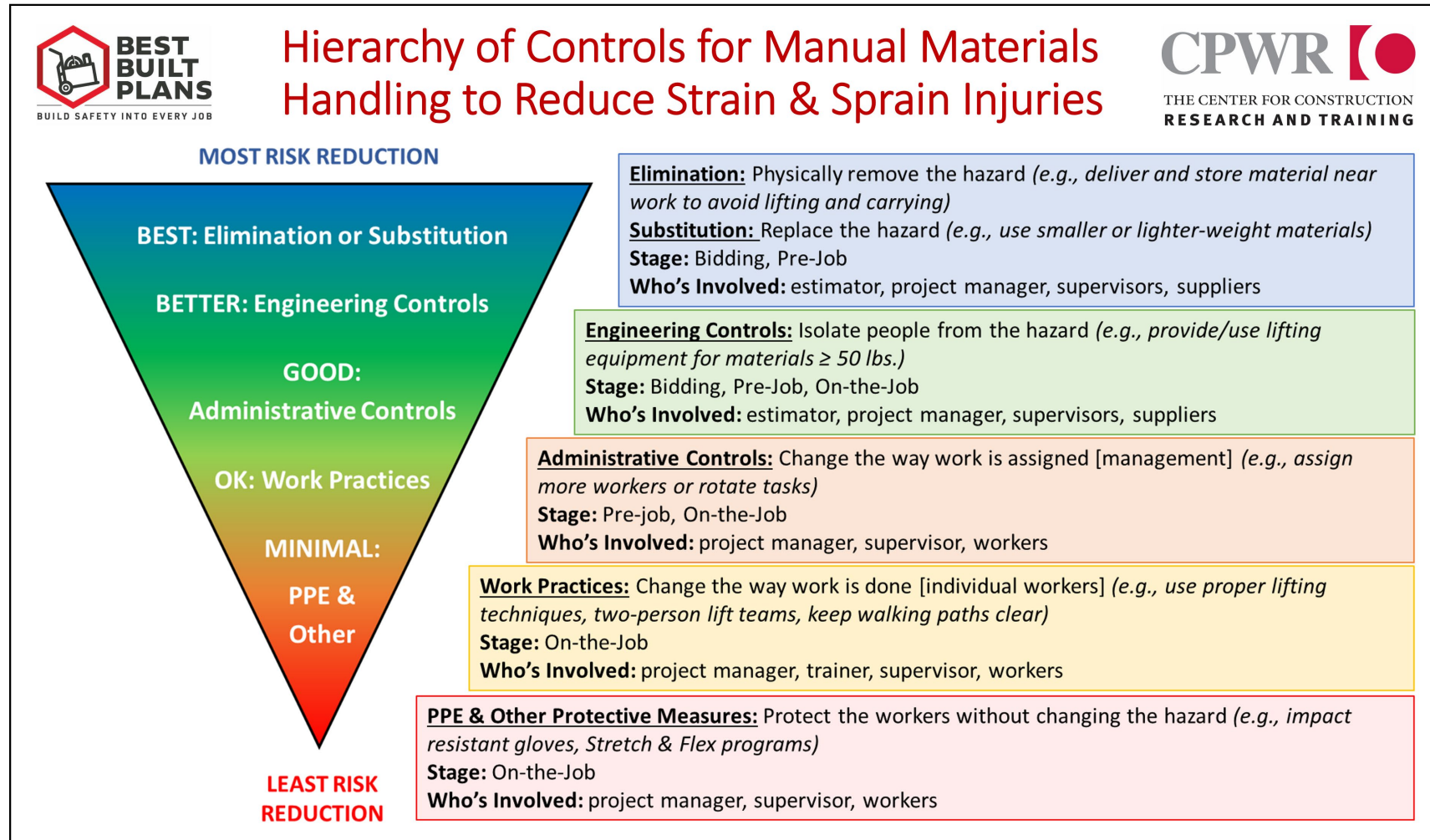
Source: [CPWR Quarterly Data Report \(2019\)](#)

# Opioids Primary Prevention: Best Built Plans

**Goal:** Help contractors reduce the risk for overexertion injuries associated with manual materials handling while staying productive and profitable

Provides **free resources** to use at each project stage to plan and implement safe materials handling practices

The program follows the hierarchy of controls



# Opioids Primary Prevention: Best Built Plans

## Site Planning Tool:

Worksheets, checklists, and training materials to help create and implement a manual materials handling hazard control plan

## Interactive Training and Coaching Exercises and Knowledge Tests:

Resources covering planning lifts and selecting lift equipment, the fundamentals of safe lifting, proper lifting techniques, and warming up before lifting and moving materials

## Ways to Access BBP

| Platform                       | Site Planning Tool | Interactive Training & Coaching Resources |
|--------------------------------|--------------------|---|
| Online                         | ✓                  |   |
| Downloadable Program (PC only) | ✓                  | ✓   |
| Mobile App                     | ✓                  | ✓   |



[www.bestbuiltplans.org](http://www.bestbuiltplans.org)



# Site Planning Tool

## BBP Homepage



**BEST BUILT PLANS**  
BUILD SAFETY INTO EVERY JOB

**BEST BUILT PLANS**  
Preventing Injury & Improving Productivity by Reducing Manual Materials Handling

Manually lifting and moving heavy construction materials can cause strain, sprain, and related soft tissue injuries. Planning ahead for how materials will be stored, lifted, and moved reduces manual materials handling, helps contractors of all sizes stay **productive and profitable**, and saves workers from painful injuries.

Do you want to:

- Prevent Injuries? [\(learn more\)](#)
- Control Insurance Costs? [\(learn more\)](#)
- Improve Productivity & Meet Schedules? [\(learn more\)](#)
- Win Work & Retain Employees? [\(learn more\)](#)

The Best Built Plans program provides **free resources** to help you at each project stage, starting with preparing an estimate (**bidding**), getting ready to start work on a new project (**pre-job**), once work is underway (**on-the-job**), and when the project is finished (**look back**). You can use the program as a whole or select just what you need from the section below, but consider starting at the bidding phase if you can – now is the time to budget for equipment and resources needed to ensure materials are delivered, stored, lifted, and moved safely!

 **Site Planning Tool:** Worksheets, checklists, and training materials to help create and implement a manual materials handling hazard control plan for your project.

 **Interactive Training & Coaching Exercises and Knowledge Tests:** resources covering planning lifts and selecting lift equipment, the fundamentals of safe lifting, proper lifting techniques, and warming up before lifting and moving materials

← RESEARCH

- Research Projects +
- Data Center +
- Research to Practice (r2p) +
- Training and Awareness Programs from Research +
- Management Resources from Research -

Best Built Plans/Management

- COVID-19 Construction Clearinghouse
- COVID-19 Exposure Control Planning Tool
- Safety Culture and Safety Climate
- Work Safely with Silica

Hazard-Specific Resources & Training Tools

- Liberty Mutual Safety Innovation Award +

Are you ready to begin planning for manual materials handling?

YES

NOT SURE

I'M A TRAINER

## Site Planning Tool Homepage



**BEST BUILT PLANS**  
BUILD SAFETY INTO EVERY JOB

**Contractor Planning Tool**  
Get Started

← [Back to Best Built Plans Home](#)

[Watch the video to see how to use the resources](#)

**Planning Tool**

- [Bidding](#)
- [Pre-job](#)
- [On-the-job](#)
- [Look Back](#)

Successful contractors plan for how materials will be stored, lifted, and moved. [Watch the BBP Contractor Training Program video to learn more.](#) The Best Built Plans (BBP) program identifies the actions to take and provides **free resources** to use at each project stage to implement safe materials handling practices. The approach follows the **hierarchy of controls** for reducing the risks for injuries associated with manually lifting and moving materials, from the most effective approaches for risk reduction at the top of the inverted triangle to the least effective for risk reduction at the bottom.

**Hierarchy of Controls for Manual Materials Handling to Reduce Strain & Sprain Injuries**



| Control Level                            | Description  | Stage                        | Who's Involved                                     |
|--|--|------------------------------|--|
| <b>BEST: Elimination or Substitution</b> | <b>Elimination:</b> Physically remove the hazard (e.g., deliver and store material near work to avoid lifting and carrying)<br><b>Substitution:</b> Replace the hazard (e.g., use smaller or lighter-weight materials) | Bidding + Pre-Job            | estimator, project manager, supervisors, suppliers |
| <b>BETTER: Engineering Controls</b>      | <b>Engineering Controls:</b> Isolate people from the hazard (e.g., provide/use lifting equipment for materials ≥ 50 lbs.)  | Bidding, Pre-Job, On-the-Job | estimator, project manager, supervisors, suppliers |
| <b>GOOD: Administrative Controls</b>     | <b>Administrative Controls:</b> Change the way work is assigned (management) (e.g., assign more workers or rotate tasks)   | Pre-job, On-the-Job          | project manager, supervisor, workers               |
| <b>OK: Work Practices</b>                | <b>Work Practices:</b> Change the way work is done [individual workers] (e.g., use proper lifting techniques, two-person lift teams, keep walking paths clear)   | On-the-Job                   | project manager, trainer, supervisor, workers      |
| <b>MINIMAL: PPE &amp; Other</b>          | <b>PPE &amp; Other Protective Measures:</b> Protect the workers without changing the hazard (e.g., impact resistant gloves, Stretch & Flex programs)   | On-the-Job                   | project manager, supervisor, workers               |

The **Site Planning Tool** includes:

- Worksheets** to help you calculate the cost of using safe materials handling practices, find the weights of common building materials and storage and handling options, and plan for their use.
- Checklists** to use on the job to make sure your plan for how materials are to be delivered, stored, lifted and moved is put into practice.
- Training programs and educational materials** for use with workers and management in a class and on the job site to increase awareness and understanding of the importance of planning for and using safe practices.

Everyone plans differently and it can be challenging to get started. While it is best to start when bidding on a project to ensure the equipment and resources needed to work safely are in your budget, the good news is that you can start gradually. **Pick the current stage of a project underway:**

1 Bidding

2 Pre-Job

3 On-the-Job

4 Look Back

# Site Planning Tool



## Contractor Planning Tool

### Bidding

**WHO TO INVOLVE:** Bidding on a new project may involve the estimator, project manager, safety director, and, if needed, the supplier/delivery driver, owner/general contractor.

**PURPOSE & GOAL:** Ensure resources are included in the estimate to cover the cost of the equipment and labor that will be needed to deliver, store, lift, and move materials without injury on the project.

| KEY QUESTIONS   | RESOURCES TO HELP  |
|---|--|
| <ol style="list-style-type: none"><li>1. What materials do you plan to use on the project?</li><li>2. What quantity of each material will you need?</li><li>3. How heavy are the units (bundles, bags, etc.) of each material that workers will need to lift and move? Which weigh more than 50 pounds? Are their light weight or lighter weight options (e.g., 40 lb bags instead of 80 lb bags)?</li><li>4. How will the materials be delivered and stored? Will you need storage equipment to ensure the materials are stored off the ground (at least 24" off the ground) to minimize bending and lifting?</li><li>5. What lifting equipment will be used to eliminate worker lifts of more than 50 pounds?</li><li>6. How will you keep track of the quantities and costs of the materials, weights, storage options, lifting equipment and assistance you need to prepare your bid?</li></ol> <p><b>TIP:</b> Ask your employees for their ideas on how to improve manual materials handling to avoid injuries and improve productivity.</p> | <ul style="list-style-type: none"><li>• <a href="#">Weights of common building materials</a></li><li>• <a href="#">Storage options for materials</a></li><li>• <a href="#">Lifting equipment options</a></li><li>• <a href="#">Manual Materials Handling Workbook – Worksheet #1</a> to help calculate and keep track of the cost of different material lifting and moving options</li></ul> |

NEXT



## Contractor Planning Tool

### Pre-Job

**WHO TO INVOLVE:** Before a new project starts review what you included in your bid for how materials will be delivered, stored, lifted moved, and used on the job with:

- Material and equipment suppliers
- The project owner and/or general contractor
- Your employees – foreman, project superintendent/project manager

**PURPOSE & GOAL:** Avoid downtime, damaged materials, and injuries from manual materials handling by reviewing the plan to ensure everyone involved in the project is ready to safely and effectively store, lift and move materials on the job site, and the materials and equipment are in place and accessible when needed.

| KEY QUESTIONS   | RESOURCES TO HELP   |
|---|---|
| <ol style="list-style-type: none"><li>1. Since developing the bid, have changes been made to the materials to be used, or how they will be stored, lifted or moved?</li><li>2. Which of your employees will be responsible for coordinating when and where materials will be delivered and stored? Who do they need to be in contact with (supplier, general contractor, other trades, foreman)?</li><li>3. Which of your employees will be responsible for making sure lifting equipment will be available for lifting and moving loads weighing 50 pounds or more?</li><li>4. Do your supervisory personnel (foreman, etc.) and workers need training on how to use the lifting equipment, safe lifting practices to manually lift loads, and how to talk about safety? If yes, how will they be trained, who will be responsible, and where and when will the training take place?</li></ol> <p><b>TIP:</b> Ask your employees for their ideas on how to improve manual materials handling to avoid injuries and improve productivity.</p> | <p><b>Planning Resources:</b></p> <ul style="list-style-type: none"><li>• <a href="#">Pre-job Checklist</a></li><li>• <a href="#">Weights of common building materials</a></li><li>• <a href="#">Storage options for materials</a></li><li>• <a href="#">Lifting equipment options</a></li><li>• <a href="#">Manual Materials Handling Workbook – Worksheet #2</a> can help you refine your plan for how materials will be lifted and moved before work begins.</li><li>• <a href="#">BBP – Creating a Contractor Ergonomics Program to Reduce Soft Tissue Injuries Among Construction Workers</a></li></ul> <p><b>Training Resources:</b></p> <ul style="list-style-type: none"><li>• <a href="#">BBP – Comprehensive Ergonomics Training for Workers</a></li><li>• <a href="#">App for Planning Tool and Training and Coaching Resources</a></li><li>• <a href="#">Lift Coach Games</a></li><li>• <a href="#">Materials Handling Infographics</a></li><li>• <a href="#">Safety Leadership</a> (key scenarios to focus on – Introduction; “Gimme Space”; “Do We Have To?”; “Fritz’s Shortcut”)</li></ul> |

NEXT

[← Back to Planning Tool Home Page](#)

#### More Information

- [Bidding](#)
- [Pre-job](#)
- [On-the-job](#)
- [Look Back](#)

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[More Information](#)

• [Bidding](#)

• [Pre-job](#)

• [On-the-job](#)

• [Look Back](#)

[← Back to](#)

[Page](#)

# Supplemental Resources

## Available in English and Spanish:

- Lift Coach Games
  - Plan Your Lift
  - Plan Your Route
- Infographics
- Introductory Video
- Back Injuries Hazard Alert Card
- Toolbox Talks

**BEST BUILT PLANS**  
BUILD SAFETY INTO EVERY JOB

### Materials Handling: Plan Your Route

Before lifting and moving any material, plan the safest route and eliminate slip, trip, and fall hazards.

- ✓ Clean up or plan your route around water, oil, and loose dirt
- ✓ Cover or guard holes so you don't fall through. Label with "Hole" or "Cover" to warn others.
- ✓ Clear your path of materials, cords, and debris
- ✓ Prop doors open

WORK AREA (END)

STORING MATERIALS

LIFTING EQUIPMENT

START

**REMEMBER:** Use lifting equipment or ask a coworker for help when materials are oversized or weigh 50 pounds or more.

CPWR's Toolbox Talk on Lifting & Carrying Materials: [https://bit.ly/3t8fmg\\_8t](https://bit.ly/3t8fmg_8t)

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**BEST BUILT PLANS**  
BUILD SAFETY INTO EVERY JOB

### LIFT COACH PLAN YOUR ROUTE

Play

How to Play

Language

Credits

**BEST BUILT PLANS**  
BUILD SAFETY INTO EVERY JOB

### LIFT COACH PLAN YOUR LIFT

Start

Language

Credits

**ADVERTENCIA DE PELIGRO**  
CPWR | THE CENTER FOR CONSTRUCTION RESEARCH AND TRAINING

## LESIONES EN LA ESPALDA

USTED ESTÁ EN RIESGO

### ¿Sufre de dolores en la espalda?

Las lesiones en la espalda son las lesiones más comunes en la construcción.

- Los trabajadores de la construcción reportan dolores en la espalda con más frecuencia que todos los demás sectores combinados.
- Las lesiones en la espalda son la causa principal de discapacidad entre los trabajadores de la construcción de mediana edad.
- El largo tiempo de recuperación y los problemas de espaldas crónicas pueden hacer que tengas que dejar de trabajar en la construcción.

### La mayoría de las lesiones en la espalda son causadas por:

- Levantar
- Acostar
- Doblar por la cintura
- Empujar y tirar

Un cubo de ladrillos que levante un promedio de 200 libras pesa: cada uno de 38 libras (el peso estándar).

1 Sembrador: 18 toneladas  
1 Auto: 3000 libras

### ¿Qué levanta USTED en un día?

¡Aprenda más sobre cómo prevenir dislocaciones y laceraciones en el estómago!

Juega los juegos:  
• Interactivo para levantar: [https://bit.ly/3t8fmg\\_8t](https://bit.ly/3t8fmg_8t)  
• Interactivo para cargar: [https://bit.ly/3t8fmg\\_8t](https://bit.ly/3t8fmg_8t)

### Para prevenir las lesiones en la espalda...

- Deje que las herramientas hagan el trabajo**  
Si un material pesa más de 50 libras, no los levante usted mismo. Use carretillas, gatos hidráulicos, montacargas y grúas para mover los materiales no que se elevan. Llame a otro trabajador para que le ayude a levantar los materiales pesados.
- Cambie su rutina de trabajo**  
Cambie de posición para evitar contracciones y movimientos repetitivos. Evite el trabajo a la altura de la cintura. Siempre que empujen los materiales cerca de donde va a trabajar, haga pausas para descansar. Cuando no está completo, se levanta con mayor facilidad.
- Pliega antes de moverse**  
Levantar algo al momento de doblarse o torcerse causa lesiones. Una lesión grave en la espalda puede prevenir a un trabajador de una vuelta para a pasar el resto de su vida en el trabajo. Haga pausas para descansar. Cuando no está completo, se levanta con mayor facilidad.

### Las lesiones en la espalda traen consecuencias

- Reducción de ingresos
- Pérdida de tiempo de trabajo
- Dolores crónicos
- Trabaja con un empujador y representante de sindicato para evitar las lesiones en la espalda.
- El dolor de espalda es un signo de un accidente de trabajo. ¡No lo ignore!
- ¡Aprenda más sobre cómo prevenir dislocaciones y laceraciones en el estómago!

¡Ojalá que sea un día de trabajo!

CPWR's Toolbox Talk on Lifting & Carrying Materials: [https://bit.ly/3t8fmg\\_8t](https://bit.ly/3t8fmg_8t)

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**BEST BUILT PLANS**  
BUILD SAFETY INTO EVERY JOB

### Materials Handling: Use Safe Lifting and Moving Practices

Protect your back, knees, and other joints by using safe practices when lifting and moving materials.

#### WHEN PREPARING AND LIFTING MATERIALS...

- ✓ Make sure you have clear access - remove obstacles between yourself and the materials.
- ✓ Keep your neck and back aligned and straight.
- ✓ Bend your knees and move slowly and smoothly.
- ✓ Position your feet shoulder-width apart and slightly staggered.

#### WHEN CARRYING MATERIALS...

- ✓ Make sure you have a clear path.
- ✓ Stand straight and bring the load close to your body. DO NOT hunch over.
- ✓ Stay focused. DO NOT let your mind drift.
- ✓ Lead with your foot when turning instead of twisting with your body.
- ✓ Move smoothly, steadily, and not too fast.

**REMEMBER:**

- ✓ DO NOT jerk your body to lift materials.
- ✓ Use lifting equipment or ask a coworker for help when materials are oversized or weigh 50 pounds or more.

CPWR's Toolbox Talk on Lifting & Carrying Materials: [https://bit.ly/3t8fmg\\_8t](https://bit.ly/3t8fmg_8t)

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**CPWR | CHARLA INFORMATIVA**

## Levantando y Cargando Materiales

¡Juega el Juego!


- × Siempre que sea posible, use equipo mecánico como una carretilla para mover objetos pesados horizontalmente.
- × Nunca intente levantar por sí solo un objeto que pese más de 50 libras.
- × Planifique sus levantamientos. Antes de levantar el objeto, asegúrese de que el camino esté despejado y que está orientado en el sentido de la marcha.

CPWR's Toolbox Talk on Lifting & Carrying Materials: [https://bit.ly/3t8fmg\\_8t](https://bit.ly/3t8fmg_8t)

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# Training Programs

## BBP Homepage



### BEST BUILT PLANS


**Preventing Injury & Improving Productivity by Reducing Manual Materials Handling**

Manually lifting and moving heavy construction materials can cause strain, sprain, and related soft tissue injuries. **Planning ahead for how materials will be stored, lifted, and moved reduces manual materials handling, helps contractors of all sizes stay [productive and profitable](#), and saves workers from painful injuries.**


**Do you want to:**

- Prevent Injuries? ([learn more](#))
- Control Insurance Costs? ([learn more](#))
- Improve Productivity & Meet Schedules? ([learn more](#))
- Win Work & Retain Employees? ([learn more](#))

The Best Built Plans program provides **free resources** to help you at each project stage, starting with preparing an estimate (*bidding*), getting ready to start work on a new project (*pre-job*), once work is underway (*on-the-job*), and when the project is finished (*look back*). You can use the program as a whole or select just what you need from the section below, but consider starting at the bidding phase if you can – now is the time to budget for equipment and resources needed to ensure materials are delivered, stored, lifted, and moved safely!



**Site Planning Tool:** Worksheets, checklists, and training materials to help create and implement a manual materials handling hazard control plan for your project.



**Interactive Training & Coaching Exercises and Knowledge Tests:** resources covering planning lifts and selecting lift equipment, the fundamentals of safe lifting, proper lifting techniques, and warming up before lifting and moving materials

**Ways to Access Best Built Plans**

| Platform                       | Site Planning Tool | Interactive Training & Coaching Resources |
|--------------------------------|--------------------|---|
| Online                         | ✓                  |   |
| Downloadable Program (PC only) | ✓                  | ✓   |
| Mobile App                     | ✓                  | ✓   |

**Are you ready to begin planning for manual materials handling?**

YES

NOT SURE

I'M A TRAINER

← RESEARCH

Research Projects +

Data Center +

Research to Practice (r2p) +

Training and Awareness Programs from Research +

Management Resources from Research -

Best Built Plans/Management

COVID-19 Construction Clearinghouse

COVID-19 Exposure Control Planning Tool

Safety Culture and Safety Climate


Work Safely with Silica

---

Hazard-Specific Resources & Training Tools

Liberty Mutual Safety Innovation Award +

## Training Programs Homepage



### Training Programs

**Training for Contractors & Workers**


The **Best Built Plans Comprehensive Training Program** is designed to educate contractors and workers on the risks associated with manually lifting and moving materials and how to prevent strain, sprain and other soft tissue injuries.



**Contractor Training Program** – designed for contractors to view the entire 45-minute presentation on the causes of soft tissue injuries and guidance on addressing them, or to select and view shorter sections on topics of interest. It can be used by the contractor on their own or as part of a formal training session or meeting.



**Worker Training Program** – intended to educate workers on the causes of soft tissue injuries and ways to prevent them, including safe lifting practices and proper body mechanics. It is designed to be used by an instructor and includes both classroom and hands-on components, as well as materials to use with each. The Instructor Guide includes detailed instructions on how to conduct each module and the handouts to use. The modules can be delivered at one time or at different times.



**Interactive Training & Coaching Resources** – interactive training exercises with narration to educate workers on the need to plan lifts and the types of equipment, work practices, and lifting techniques that can reduce the risk for injury, and coaching exercises that introduce and test a user's knowledge of warm-up activities and lifting fundamentals. These resources can be used by trainers or by workers on their own.

[← Back to Best Built Plans Home Page](#)



# Additional Resources: Past CPWR Webinars

## **September 13, 2023 Webinar: Suicide Prevention in the Construction Industry: Know the Signs and Help a Life**

### **Presented by:**

- Chris Trahan Cain, CIH, Executive Director, CPWR – The Center for Construction Research and Training
- Raffi F. Elchemmas, Executive Director, Safety, Health and Risk Management, Mechanical Contractors Association of America (MCAA)
- Alexander M. Kopp, Director of Environmental Health and Safety, The Association of Union Constructors (TAUC)
- Randy Dye, Chairman, Race to Stop Suicide
- Kevin Striegler, Manager, Daniel Dye Racing & Race to Stop Suicide
- Justin Crandol, MS, CSP, ARM, CRIS, Director of Safety, Sheet Metal and Air Conditioning Contractors' National Association (SMACNA)
- Wesley L. Wheeler, SMS, CESCO, Executive Director of Safety, National Electrical Contractors Association (NECA). Board Member, Construction Industry Alliance for Suicide Prevention (CIASP)
- Justin Azbill, Director, National Environment, Health, and Safety, Milwaukee Tool. Board Member, Construction Industry Alliance for Suicide Prevention (CIASP)

[Play Recording](#)

[Download Presentation](#)

[Additional Resources](#)

## **September 9, 2022 Webinar: Preventing Suicide in the Construction Industry**

### **Presented by:**

- Jessica Bunting, MPH, Research to Practice (r2p) Director, CPWR; Member, Board of Trustees, CIASP
- John Gaal, EdD, CHW, Worker Wellness Director – Missouri Works Initiative (Mo AFL-CIO)
- Karena Lorek, Area Director, OSHA Kansas City Area Office
- Christopher Rodman, MPH, Opioid Projects Coordinator, CPWR

[Play Recording](#)

[Download Presentation](#)

# Additional Resources: Past CPWR Webinars

## **April 29, 2021 Webinar: Supporting Construction Workers: Suicide Prevention, Mental Health, and Substance Use**

### **Presented by:**

- Dr. James Winford, Chairperson, National Asphalt Pavement Association
- Jamie Becker, Director of Health Promotion, Laborers' Health and Safety Fund of North America
- Marianne Wolfe, Managed Care Supervisor, Allied Trades Assistance Program
- Christopher Rodman, CPWR Opioid Projects Coordinator

[Play Recording](#)

[Download Slides](#)

[Additional Resources](#)

## **August 12, 2020 Webinar: Strategies to Build Support for Primary Prevention and Opioid Use Reduction in the Construction Industry**

### **Presented by:**

- Dr. John Howard, Director, NIOSH, and Administrator of the World Trade Center Health Program, U.S. Department of Health and Human Services.
- Chris Trahan Cain, CIH, Executive Director, CPWR
- Jennifer Nichols, Director of the Research Interpretation and Application unit at the FrameWorks Institute
- Clara Gibbons, Senior Strategist in the Research Interpretation and Application unit at the FrameWorks Institute

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## **February 27<sup>th</sup>, 2020 Webinar: Opioid Use & Worksite Overdose Fatalities in the Construction Industry: A Look at the Data & CPWR Resources & Efforts**

**Presented by:** Chris Trahan Cain, CPWR Executive Director and Sue Dong, Director of CPWR's Data Center

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### GET HELP

Know who to contact if you or someone you know is at risk of suicide

### GET INFORMED

Learn why construction is the most at-risk industry for suicide deaths

### GET STARTED

Pledge to STAND UP for suicide prevention and address it as a health and safety priority

WE ALL  
STAND  
STRONGER  
TOGETHER



INFORMATION & RESOURCES AT  
[preventconstruction suicide.com](http://preventconstruction suicide.com)



THE NATIONAL SUICIDE  
PREVENTION LIFELINE AT  
1.800.273.TALK (8255) or  
[suicidepreventionlifeline.org](http://suicidepreventionlifeline.org)

# Thank you! Questions?

October 26, 2023

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