



Suicide Prevention Techniques for the Construction Industry

For Immediate help
access the following
resources:

National Suicide
Prevention Lifeline
Call 988 or
1-800-273-TALK
1-800-273-8255

or

Lifeline Crisis Chat
Text "Hello" to 741741

Work-related stress is all around us, and workers in some industries, including the construction industry, are under increasing pressure and stress. If not properly addressed, work pressure and stress, in combination with other factors, can result in tragedy. Sadly, the construction industry has one of the highest suicide rates in the U.S., particularly for men. According to the CDC, in 2016, the suicide rate for men in construction and extraction occupations was almost twice the total suicide rate for civilian working men.

Workers in the construction industry are at a higher suicide risk for several reasons. Long, difficult working hours, uncertain seasonal jobs, and the daily risk of serious injury can all contribute to increased stress. Without proper support systems, construction workers may be at risk for anxiety, depression, and even substance abuse, factors that can lead to suicide if left unchecked.

Fostering a safe and supportive workplace can be a meaningful step toward suicide prevention. Consider these tips as a starting place:

1. TALK ABOUT THE RISKS

Talking is the first step to preventing suicide. Make a difference by learning the warning signs and risk factors, having a conversation with someone you care about, and sharing resources and effective ways to help. When we are open and honest about suicide, we can share resources effectively rather than reinforcing a stigma.

2. CARING AFTER CLOCKING OUT

What are your workers and colleagues facing when they go home? Do they have a support system? When workers are hurting, we should find ways to reach out to them during non-business hours. When a work culture fosters healthy conversations, everyone tends to want to help.

3. BUILD HOPE

We all face challenges. We might be affected by minor inconveniences or life-altering tragedies, but we all have some level of resiliency. Suicide happens when hope is gone. What are ways that we can build hope for struggling workers? In the case of an injury, how can we help an injured worker find the proverbial light at the end of the tunnel and improve their mental wellness even as they may be struggling with their physical wellness? When you care, your workers and colleagues care, too. Help them build hope for themselves and each other.

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