



Toolbox Talk for Safety First in Construction Day – April 27, 2023

This year marks the 30th Anniversary for the Coalition for Construction Safety (CCS). Each year, we celebrate the industry's outstanding safety achievements at the annual Anniversary and Awards Celebration. To coincide with the celebration, CCS holds Safety First in Construction Day, a day where CCS and its members remember those workers who lost their lives on construction jobsites in the previous year. These individuals serve as a continual reminder that there is always room for improvement in jobsite safety for all workers.

The mission of CCS is to send construction and facilities maintenance workers home safely every day. All employees are promised a workplace free from hazards and a way to provide for their families. The tragic loss of any worker is unacceptable and until we deliver a state free from fatal workplace injuries, the work of CCS, IOSHA, and our collective organizations is not complete. Even when we do reach this goal, we must never let our efforts diminish to ensure that all workers go home safely to their families and friends every day.

CCS wants to remember and express our sympathies to the families, friends and co-workers of those who died on construction job sites in 2022. Let us pause for a moment of silence to remember our fallen workers across the United States.

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Mental Health in Construction

Good morning/afternoon, everyone,

Today, I want to talk to you about an important topic often overlooked in our industry: mental health in construction. As we all know, working in construction can be physically demanding and stressful, and these challenges can take a toll on our mental health.

First and foremost, it's important to recognize that mental health is just as important as physical health. When we talk about mental health, we're referring to our emotional, psychological, and social well-being. It affects how we think, feel, and act, and it can have a significant impact on our overall quality of life.

Unfortunately, mental health issues are common in our industry. Long hours, tight deadlines, and high-pressure environments can contribute to stress, anxiety, depression, and other mental health conditions. Additionally, workers in construction are often reluctant to speak up about mental health concerns due to stigma or fear of repercussions.

That is why it's important for all of us to take steps to prioritize our mental health and support each other in doing so. Here are four tips to help:

1. **Talk about it:** Start a conversation about mental health with your coworkers and encourage open and honest communication. Let them know that it's okay to ask for help and support if they're struggling.
2. **Take breaks:** It's important to take regular breaks throughout the day to rest and recharge. This can help reduce stress and prevent burnout.
3. **Practice self-care:** Take time for activities that bring you joy and help you relax, such as exercise, hobbies, or spending time with friends and family.
4. **Seek help:** If you're struggling with your mental health, don't hesitate to reach out for professional help. Many employers offer employee assistance programs (EAPs) that provide confidential counseling services.

Remember, mental health is everyone's responsibility. Let us work together to create a supportive and healthy work environment for all. Thank you for your attention, and please do not hesitate to speak up if you need help or support.