



**SAFEBUILD
ALLIANCE** 
WASHINGTON



CONSTRUCTION
SAFETY WEEK

Sept 10th 2020
Member Meeting

Meeting Agenda

Welcome – Mark Jonson, Board President

Panel Presentation – Dave Johnson, Moderator

Mental Health & Wellbeing in the Construction Workplace

Cal Beyer, CSDZ

Rod Majors, Granite Construction

Aubrey Newton, NW LECET

Nick Deutsch, Mortenson Construction

Sponsor Presentation – Hilti

Wrap-Up

Safety Week Kickoff



September 14 – 18, 2020

Visit [ConstructionSafetyWeek.com](https://www.constructionsafetyweek.com):

- Planning resources
- Daily topics, videos & toolbox talks
- At-home family activities
- Spanish-translated materials
- Submit your own success stories
- Social media toolkit and promotional materials & graphics



Banner Ads Available

SafeBuild banner ads average thousands of impressions per month

Email jason@safebuildalliance.com for more information.



Advertise your business effectively with SafeBuild Alliance

The SafeBuild Alliance website is an excellent, low-cost way to promote your business or services to a highly concentrated network of your target clients.

Your full-color advertisement will appear on the SafeBuildAlliance.com homepage for one full year.

By advertising with SafeBuild, you are helping to support our vision of zero incidents through collaboration. Banner ad rates are \$400 per year. Standard ad includes your logo and brief tagline (under 10 words). Please provide logos in high-resolution .jpg or .eps format. Contact karen@safebuildalliance.com for more information.

Example:



ZERO INCIDENTS THROUGH COLLABORATION



Thank you to our Meeting Sponsor





September 10, 2020 Member Meeting

**Panel Presentation & Discussion:
Mental Health & Wellbeing in the
Construction Workplace**



Cal Beyer CSDZ

Shining Light on

**MENTAL HEALTH AND
SUICIDE PREVENTION**



September 10, 2020



WHAT'S UNDER THE HARDHAT...?

- ✓ **WORKERS BRING THEIR CONCERNS, WORRIES AND DAY-TO-DAY DISTRACTIONS TO WORK WITH THEM**
- ✓ **MENTAL HEALTH IS A DRIVER OF OVERALL WELLBEING**
- ✓ **PHYSICAL HEALTH TIES TO BEHAVIORAL HEALTH AND VICE-VERSA**



PRE-COVID-19 STRESS

- 2018 GALLUP SURVEY; 7500 EMPLOYEES
- 23% OFTEN IN “BURNOUT MODE”
- 44% SOMETIMES IN “BURNOUT MODE”
- 5% SAID MENTAL HEALTH “POOR” OR “VERY POOR”

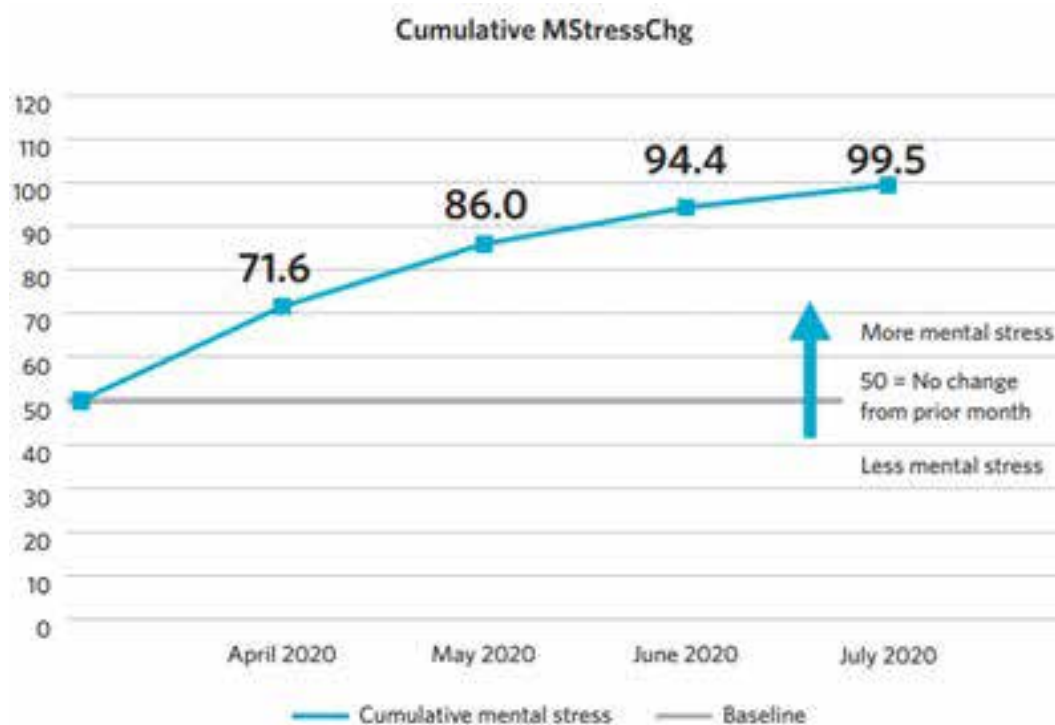


POST-COVID-19 STRESS

- **JULY 2020 FLEXJOBS & MENTAL HEALTH AMERICA SURVEY; 1,500 EMPLOYEES**
- **40% EXPERIENCED BURNOUT DURING PANDEMIC**
- **37% WORKING MORE**
- **18% SAID MENTAL HEALTH “POOR” OR “VERY**



CUMULATIVE MENTAL STRESS RISING



Morneau Shepell Mental health Index -- July 2020



SUSPECTED OVERDOSES* RISING DURING COVID-19

Monthly overdoses grew dramatically during the pandemic

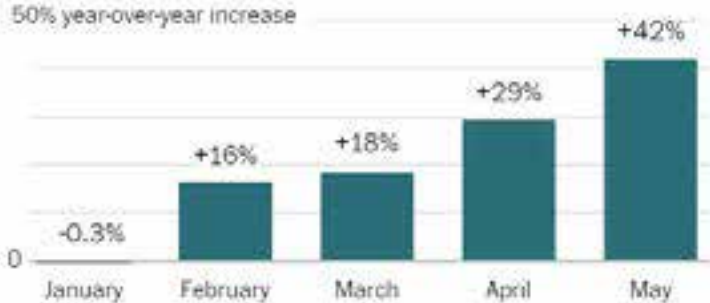
For every 10 suspected overdoses reported to ODMAP in May 2019 ...



... 14 overdoses were reported in May 2020.



Overdoses increased up to 42% per month during the pandemic, as compared to the same months in 2019.



Note: Percent growth references the 1,201 agencies reporting to ODMAP by January 2019.

Source: ODMAP

ALYSSA FOWERS/THE WASHINGTON POST

CAUSAL FACTORS:

1. SOCIAL ISOLATION
2. ECONOMIC LOSSES
3. SUPPLY DISRUPTION

- New dealers
- New substances

*Note: Not all overdoses were fatal



Source: Washington Post; 7/1/2020

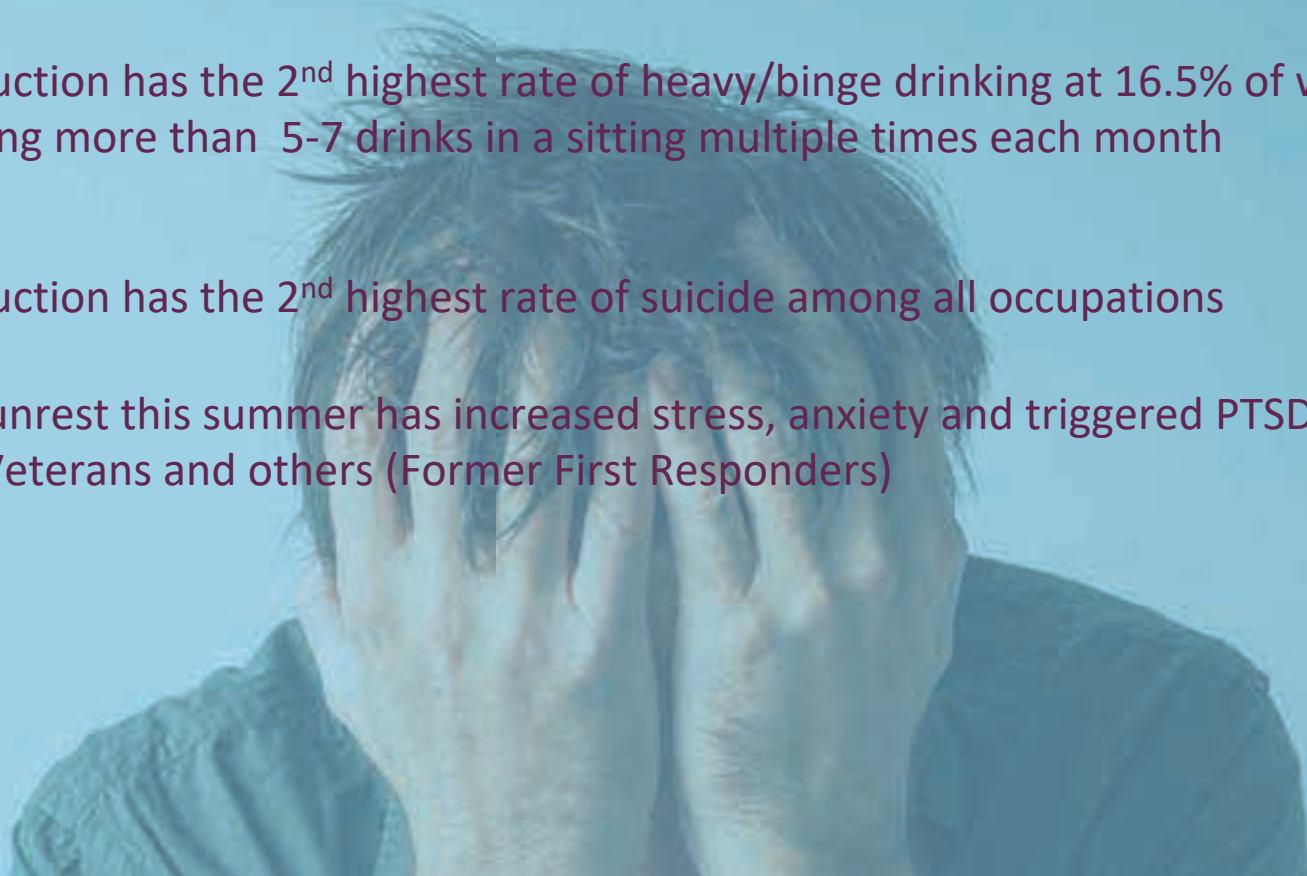


THE CONSTRUCTION REALITY

1. INCREASING POTENTIAL FOR WORKER DISTRACTIONS DUE TO INCREASED STRESS, ANXIETY, UNCERTAINTY DURING COVID-19
2. THERE ARE NO MORE “ELEPHANTS IN THE ROOM”: WE’RE TALKING ABOUT MENTAL HEALTH, SUBSTANCE USE AND SUICIDE PREVENTION.
3. THE RISK OF RELAPSE OF ALCOHOL AND SUBSTANCE USE DISORDER IS HIGH DUE TO SOCIAL ISOLATION; BARRIERS TO HEALTHCARE AND STIGMA

RISING WORKFORCE RISK FACTORS

- Construction has the 2nd highest rate of heavy/binge drinking at 16.5% of workers reporting more than 5-7 drinks in a sitting multiple times each month
- Construction has the 2nd highest rate of suicide among all occupations
- Social unrest this summer has increased stress, anxiety and triggered PTSD among some Veterans and others (Former First Responders)





*Stigma Reduction
Strategies*

CSDZ.COM BLOG



THE INVISIBLE CONSTRUCTION CRISIS: WHY FOCUS ON CONSTRUCTION WORKFORCE RISK?



THE INVISIBLE CONSTRUCTION CRISIS: REMOVING OUR EMOTIONAL MASKS



THE INVISIBLE CONSTRUCTION CRISIS: STRATEGIES TO ADDRESS MENTAL WELLBEING

THE INVISIBLE CRISIS IN CONSTRUCTION

BREAKING THE MENTAL HEALTH STIGMA





Joyages

SUICIDE PREVENTION VIDEOS BY JOYAGES

WWW.JOYAGES.COM/CONSTRUCTION/





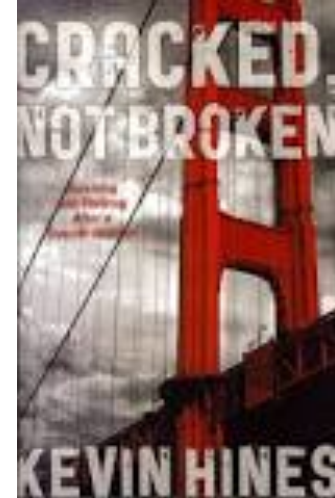
USING HUMOR TO BREAK STIGMA OF MENTAL HEALTH
DR. RICH MAHOGANY, MAN THERAPIST, IS **NOT** A REAL THERAPIST
(BUT HE IS A REAL GUY...)

Man Therapy
www.ManTherapy.org

© Grit Digital Health 2020



KEVIN HINES STORY



VIDEO LINK: [HTTPS://YOUTU.BE/WCSUS9IZV-G](https://youtu.be/WCSUS9IZV-G)

[HTTP://WWW.KEVINHINESSTORY.COM/RESOURCES](http://www.kevinhinesstory.com/resources)



MENTAL HEALTH SURVEY OCTOBER 2020



MENTAL HEALTH & SUICIDE PREVENTION SAFETY CONVERSATIONS

Construction Suicide Prevention, Washington Department of Labor & Industries



CONTACT INFORMATION

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Rod Majors

Granite Construction



Aubrey Newton

NW LECET



Nick Deutsch

Mortenson



Panel Q&A

Please use chat to submit questions



Sponsor Presentation

HILTI



WELCOME

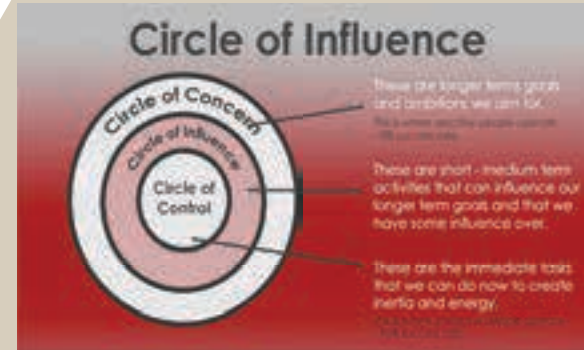


SHERPAS SUPPORTING THE „REMOTE WORKING“ JOURNEY VIA VIRTUAL MINI PIT

VMP Pre-Camp Packet

Our Circle of Influence, Concern, & Control

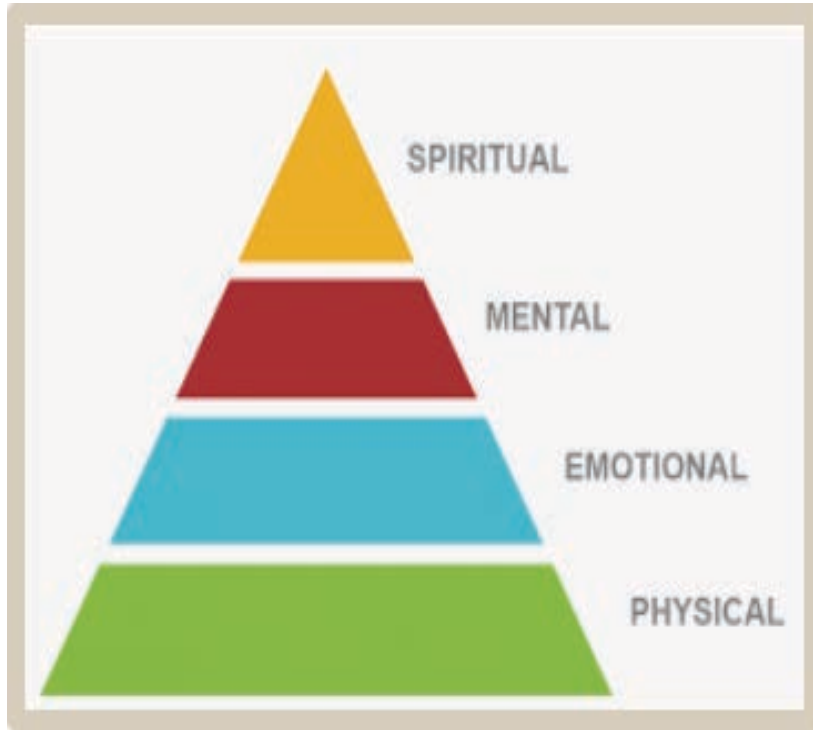
Stephen R. Covey – Habits of highly effective people & teams



MENU SELECTIONS – VIRTUAL MINIPIT (PHASE 1)

	Virtual MiniPit	WHO	Overview Objective	Key Takeaways	Delivery Method/ Resources/ Facilitator (Sherpa and/or Team leader)	Duration
1	Mindfulness: Corporate Athlete & Resilience	Team	Topics are designed to help team members model a corporate athletes (physical, emotional, mental, purpose) best practices by effectively use mindfulness to manage their energy, and focus on what is in their control.	<ol style="list-style-type: none"> 1. Corporate Athlete 2. Mindfulness practice 3. Resilience model for winning team actions 	Microsoft Teams REDi or FUSE (participant) Sherpa	90 minutes
2	Care (Self/Team) Part I – My Team Part II – My Manager & ME	Team	Topics are consistent with finding behaviors to practice self- care for team members, and to aide in finding the balance between Activation & Recovery.	<ol style="list-style-type: none"> 1. Mind and Body care 2. Building team relationships 3. 1:1 Leader/ Team Member dialogue (Part II) 	Microsoft Teams REDi or FUSE (participant) Sherpa	90 minutes (Two - part approach)
3	Virtual Feedback/ Mirror Time 1:1	Team	Topics are designed to help reinforce our sense of well-being and belonging in a community, and to address the need to maintain relationships as a critical asset to work performance, and emotional and mental wellness.	<ol style="list-style-type: none"> 1. Looking in the Mirror 2. Feedback activity 3. Sharing best practices 	Microsoft Teams REDi or FUSE (participant) Sherpa	90 minutes (Multi- part approach)
4	Positivity Workplace	Team	Topics are designed to help teams prevent social isolation by being creative, find ways to laugh together, to share beyond work including how to deal with the situation at hand.	<ol style="list-style-type: none"> 1. Build on Caring Team 2. Appreciate the positive 3. Managing your energy 	Microsoft Teams REDi or FUSE (participant) Sherpa	90 minutes
5	Working Together Remotely – Adjusting to new reality	Team	Topics are designed to explore the challenges of working remotely and how to support each other through personal & team change by creating new habits for building caring & supportive teams by utilizing peer groups and techniques in the C & P App.	<ol style="list-style-type: none"> 1. Closing the Gap on working remotely 2. Creating personal & team habits 3. C&P APP – practices & peer groups 	Microsoft Teams REDi or FUSE (participant) Sherpa and Team Leader	90 minutes

THE CORPORATE ATHLETE:¹ PEAK PERFORMANCE



Spiritual: Provides a powerful source of motivation, determination, endurance

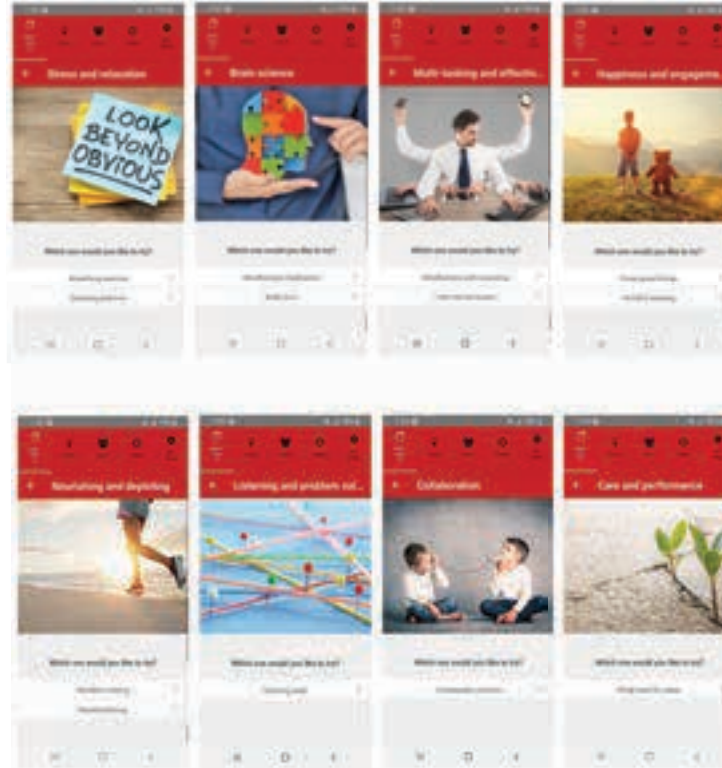
Mental: Focuses physical and emotional energy on the task at hand

Emotional: Creates the internal climate that drives the Ideal Performance State

Physical: Builds endurance and promotes mental and emotional recovery

¹ The Making of a Corporate Athlete; Loehr, J and Schwartz, T; extracted from The Harvard Business Review, January 2001 edition

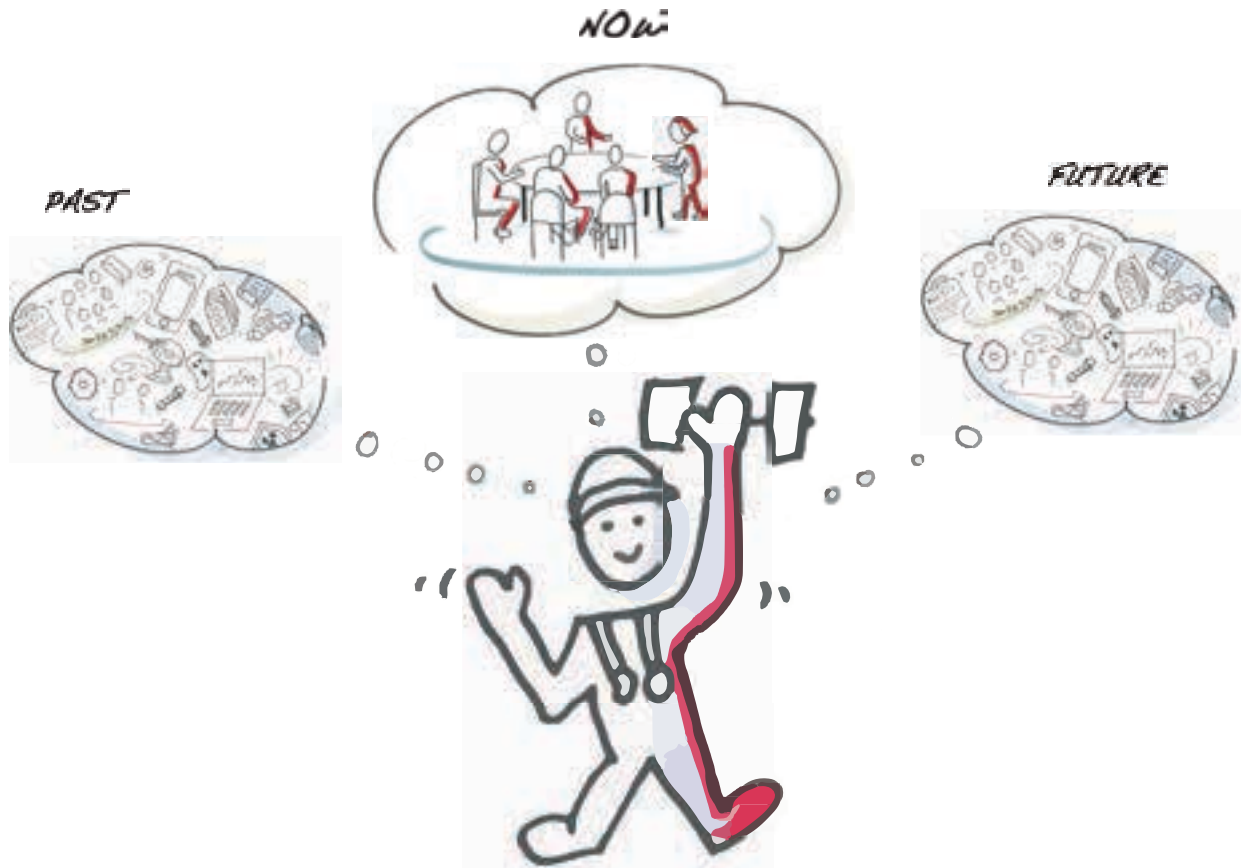
JOURNEY WITH THE CARE AND PERFORM APP



1. Stress and Relaxation
2. Brain Science
3. Multi-tasking and Effectiveness
4. Happiness and Engagement

5. Nourishing and Depleting
6. Listening and Problem Solving
7. Collaboration
8. Care and Perform

THE POWER OF BEING PRESENT



EMPLOYEE ASSISTANCE PROGRAM HILTI TOTAL REWARDS



Anytime support

Aetna Resources For LivingSM

- Emotional well-being support
- Daily life assistance
- Online resources
- Legal services
- Financial services
- Other services

COVID-19 RESOURCES FOR LIVING

BENEFITS AVAILABLE TO ALL U.S. TEAM MEMBERS
(regardless of medical plan coverage with Hilti)

Resources for Living – Hilti’s Employee Assistance Program (EAP), offered through Aetna’s Resources for Living, offers support and resources to individuals who have been affected by the coronavirus, even if they are not a Hilti team member or family member.



DESIGNED TO MAKE CONSTRUCTION SITES SAFER AND MORE PRODUCTIVE

Innovative technologies to protect the health of construction workers



HILTI UNVEILS WEARABLE EXOSKELETON



Human augmentation device to help reduce strain and fatigue for both experienced and novice users.



AVAILABLE IN PERSON OR VIRTUALLY TO HELP KEEPING YOU SAFE AND PRODUCTIVE

- 1-800-879-8000 World Class Customer Service with Live Customer Service Representative
- Hilti Online: www.hilti.com 24/7 support and online ordering
- Hilti Stores and Distribution Centers – deemed essential during stay home orders and will remain open
- Hilti field personnel – available in person, on phone or via skype/MS Teams/Zoom etc.





THANK YOU!

QUESTIONS AND ANSWERS

2020 Member Meeting - Innovations

Join Us for our next Member Meeting

November 10th 2020

Safety Innovations (via Zoom)

More information in the coming weeks.

Check your email or SafeBuildWA.com for details!

*Do you have an innovation to share? Contact
jason@safebuildalliance.com to learn how you can participate.*



SafeBuildWA.com

Visit [ConstructionSafetyWeek.com](https://www.constructionsafetyweek.com) for tools, tips and ideas to plan your Safety Week activities.

Visit [SafeBuildWA.com](https://www.safebuildwa.com) to learn about upcoming meetings and find ways to connect via social media, and for past meeting materials.