

TOOLBOX TALK, September 23rd, 2024.

PTP Competition:

This is the last week to the PTP competition, so stay focused on good pre-task planning and your PTP may win.

Training:

On September 28th at the Tangent training center there will be an MEWP/Arial lift training. Call the training center 24hours ahead to register for the class.

Warning Signs of Suicide:

Being aware of others is a key part of being able to help someone in crisis, but to be fully aware we need to know the signs we're looking for.

Talking About

- Feeling unbearable pain
- Death or a recent fascination with death
- Feeling hopeless, worthless, or trapped
- Great guilt, shame or anger
- Being a burden to others

Feeling:

- Empty, hopeless, trapped, or having no reason to live
- Extremely sad, more anxious, agitated, or full of rage
- Unbearable emotional or physical pain

Changing behavior:

- A recent suicide attempt
- Losing interest in personal appearance or hygiene
- Withdrawing from friends, family or community
- Giving away important items, or making a will
- Taking dangerous risks
- Displaying extreme mood swings
- A recent episode of depression, emotional distress, and/or anxiety
- Eating or sleeping more or less
- Using drugs or alcohol more often
- Becoming violent or being a victim of violence
- Talking about immediate harm to themselves or others
- Planning to attempt suicide (for example, searching online for information about how to attempt suicide)
- Acting in such an erratic manner that you are concerned about their safety

Seek professional help immediately:

If you observe any of these behaviors, immediately connect the person with professional help, such as 988, Suicide & Crisis Lifeline, emergency medical services, or a mental health professional.

When is the right time to act? (Act immediately if you see any of the signs listed above)

What should we do first? Ask and listen! - **Ask:** "Are you considering suicide?" **Say something like:** "Please don't hurt yourself." "I don't want you to kill yourself."

You can help a distressed person think about their reasons for living by saying "I'm here for you." Then listen to the person without judging. *It's important to connect them to professional help. Call/text 988.*

