

TOOLBOX TALK, September 16th, 2024.

PTP Competition:

If you think you have a good Pre-Task Plan, turn it in to your foreman or show it to one of the Safety Team for consideration. Contest winners will receive a \$50 gift card. The competition closes at the end of September, so stay focused on good pre-task planning and your great PTP may be a winner.

Lessons Learned:

- Proper incident assessment in the first place can save us from problems later. If a wound is reported, it's important to understand exactly what happened and to clean and treat the wound right away, a small cut can become something bigger if not caught and treated.
- Follow-up and home care are important too. Though a wound may be recognized and treated initially, it's still important to take care of it at home. If things get worse report and get treatment.

Worn Out PPE:

Because it's required, we all need to assure we're wearing proper PPE, but sometimes we wear it to the point it's worn out. If your gloves, glasses, sleeves or other PPE begin to show excessive wear, take the time to replace them. And if you're taking one of the last items from the cage, let your foreman know. Wearing worn out PPE can be almost as bad as not wearing any.

September is Construction Suicide Prevention Month:

Suicide is at crisis levels in our industry, so now is the time to become more aware of the problem and how to address it.

Over recent years, the Centers for Disease Control and Prevention have found construction and related work to be the no. 1 occupational group affected by male suicides. In the general population, suicide occurs in 27 out of every 100,000 people, in construction, the number is nearly double at 53 per 100,000 workers. In the U.S., there are approximately 123 suicides per day which breaks down to one death every 12 minutes.

September is Suicide Prevention Month, so now is a good time to prepare to help our fellow teammates. During the remainder of this month, we'll be sharing tools and resources to help remove the stigma of asking for help and offering easy access to support. It's time to change our approach and to no longer let anyone suffer in silence.

The National Suicide Prevention Lifeline is a key resource for support: 800-273-TALK (8255) or you can call, text, or chat, at **988** to reach a trained suicide prevention counselor.

Asking a few simple questions can break the cycle of suicidal thoughts. If you suspect a coworker is having trouble or if you're having thoughts of self-harm, break the cycle by reaching out to help save a life.

If you need support for yourself or a coworker, resources are available on www.fsstools.com. where you can find suicide prevention training and direct links to support.

What's the first thing you can do if you suspect a friend or coworker is thinking of suicide?

(Ask the question - "Are you considering suicide")

Once you've opened the door to the subject, what can you do next?

(Call, text, or chat at **988** or call the National Suicide Prevention Lifeline at 800-273-TALK (8255))

