



# ONSITE SAFETY PRACTICES & MENTAL HEALTH



Mike, a dedicated operator, had been struggling with anxiety and depression due to both job pressures and personal issues. One morning, his fatigue and lack of focus led to a near-miss incident when he failed to stop a crane in time, almost causing a severe accident. This close call highlights the critical impact of mental health on jobsite safety for ourselves and for our crews.

Today, we'll focus on an aspect of safety that is just as important as physical safety practices, **mental health**. Our mental well-being is crucial for performing our jobs effectively and safely. As you know, our industry is demanding, with high-stress levels, tight deadlines, and physically strenuous work. These factors can impact our mental health, leading to stress, anxiety, and burnout if not managed properly. We can improve overall safety, productivity, and our own wellbeing by prioritizing mental health.

## ONSITE PRACTICES FOR MENTAL HEALTH & SAFETY

### Foster Open Communication:

- **Encourage Conversation on your Crew:** Create a culture where workers feel comfortable discussing their mental health without fear of judgment or stigma.
- **Practice Active Listening:** Be attentive and listen actively when someone shares their concerns.

### Plan For Regular Breaks:

- **Ensure regular breaks** during work hours to rest and recharge. Short, frequent breaks can prevent burnout and reduce stress.
- **Take part in activities during breaks that promote relaxation**, such as stretching, walking, listening to music or breathing exercises.

### Stress Management:

- **Recognize common causes of stress on the jobsite**, such as tight deadlines, heavy workloads, and safety hazards. Identify ways to reduce and respond to stress caused by these factors.
- **Practice stress management techniques** like mindfulness, meditation, hobbies, and physical exercise to cope with stress.

### Find & Use Support Systems:

- **Promote a buddy system** where workers check in on each other and offer support.
- **Provide information** about accessing professional mental health resources, you can access them using the Mental Health QR code

### Encourage Work-Life Balance:

- **Take time off** when you need to recharge and address personal matters and encourage your coworkers to do the same.

### Build a Safe and Supportive Environment:

- **Foster a respectful and inclusive workplace** where everyone feels valued and supported.
- Ensure that physical safety rules and processes are in place, reviewed and followed, - **a safe physical environment also supports mental well-being.**

Physical safety and mental health work together to build the safety and productive jobsites.

