



SUBSTANCE ABUSE



I'd like to start today by sharing a brief story. John worked in the construction industry for over 20 years. Known for his reliability and skill, John was well-respected on every job site he worked on. However, a few years ago, John started experiencing severe back pain from years of heavy lifting and repetitive strain. To cope with the pain, he began using prescription painkillers. Over time, John's use turned into dependence, and eventually, he found himself struggling with substance abuse. His performance at work declined, his relationships suffered, and his once-promising career was in jeopardy. John's story is, unfortunately, not uncommon in our industry.

The construction industry is one of the industries most affected by substance abuse. Data shows that construction workers have higher rates of substance abuse compared to other industries. Factors contributing to this include the physically demanding nature of the job, high rates of injury, and the stress. Additionally, substance abuse can put the jobsite in danger of a safety incidents, making understanding, preventing, and addressing abuse even more important.

WHAT IS SUBSTANCE ABUSE?

Substance abuse is the harmful or hazardous use of psychoactive substances, including alcohol and illicit drugs. It becomes a problem when the use of these substances leads to health issues, impairments in social and occupational functioning, and an inability to meet responsibilities at work, home, or other areas of life. Commonly abused substances in the construction industry include alcohol, opioids, marijuana, and stimulants.

Signs of Abuse:

- Changes in behavior,
- Unexplained absences,
- Accidents on the job,
- Neglecting duties,
- Physical symptoms like bloodshot eyes or sudden weight loss.

Risks Associated with Substance Abuse:

- Significant increases the risk of workplace accidents and injuries.
- Long-term health problems, including mental health disorders, liver disease, heart problems, and more.

Addressing Substance Abuse:

- **Education and Awareness:** Be aware of the signs and risks associated with substance abuse
- **Support Systems:** Know that you are not alone. If you or someone you know are struggling with substance abuse, resources are available. You can scan the QR code to access confidential resources

Substance abuse is a serious issue that affects many in our industry. It's crucial that we support each other and create a workplace environment that promotes health, safety, and well-being.

Remember, it's never too late to seek support and make positive changes. Let's work together to ensure that stories like John's become less common, and that everyone can work safely and healthily on our job sites

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