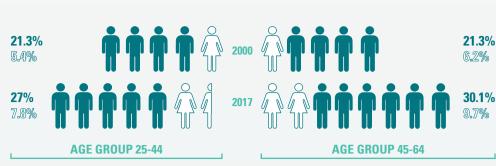
SUICIDE PREVALENCE IN THE **CONSTRUCTION INDUSTRY**

As a part of our mission to raise awareness around the prevalence of suicide in the construction industry, Balfour Beatty has developed this infographic to underscore the chronic nature of this issue. The pandemic has created additional stressors and concerns on an essential workforce evidenced by an increase in suicide rates in the industry.

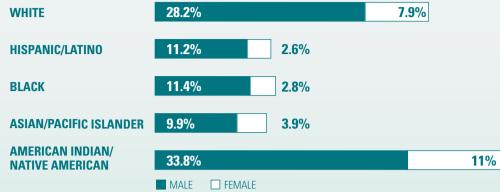


BY GENDER

MALES ARE MORE LIKELY TO DIE BY SUICIDE

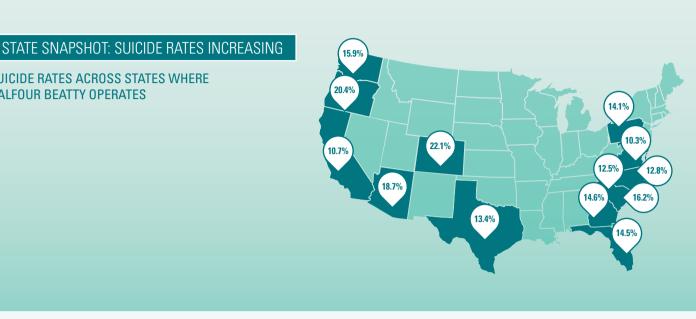


RACE / ETHNICITY RATES RATES FOR ALL RACE, ETHNICITIES AND GENDERS HAVE INCREASED



SUICIDE RATES ACROSS STATES WHERE

BALFOUR BEATTY OPERATES

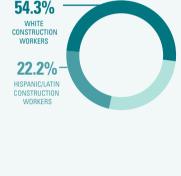


US CONSTRUCTION INDUSTRY SNAPSHOT





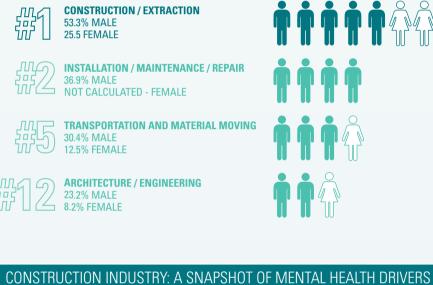


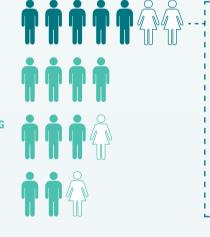


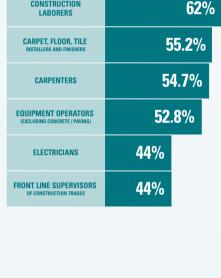


CONSTRUCTION INDUSTRY OCCUPATIONAL GROUP RANKS 1ST IN SUICIDE PREVALENCE

27.4% AVERAGE SUICIDE RATE ACROSS ALL OCCUPATIONS RATE OF SUICIDE PER OCCUPATIONAL GROUP **CONSTRUCTION MALE - SUBSET OCCUPATION RATE OF SUICIDE**







RESULTING FEELINGS

PRIMARY REASONS SECONDARY EFFECTS

MALE-DOMINATED FIELD	= TOUGH GUY CULTURE \rightarrow MENTAL HEALTH STIGMA \rightarrow OR ACCESS TO MENTAL \rightarrow HEALTHCARE AND EAPS = BUDGET SCHEDULE / PRODUCTION SCHEDULE / FAILURE / HUMILIATION \rightarrow FEAR OF RETALIATION \rightarrow	
HIGH-PRESSURE	= BUDGET SCHEDULE / PRODUCTION SCHEDULE / PRODUCTION SCHEDULE / FAILURE / HUMILIATION PEAR OF RETALIATION PAILURE / HUMILIATION	
ACCULTURATION	= LANGUAGE BARRIERS / DISCRIMINATION / UNEQUAL ACCESS TO RESOURCES	
TRAVEL/REMOTE	= LACK CONNECTION TO FAMILY AND COMMUNITY	
SKILL GAP	= SPECIALIZED SKILLSET /NO CROSS TRAINING / TRAPPED IN INDUSTRY/ROLE	
JOB STABILITY	= LACK CONNECTION TO FAMILY AND COMMUNITY = SPECIALIZED SKILLSET /NO CROSS TRAINING / TRAPPED IN INDUSTRY/ROLE SEASONAL EMPLOYMENT / EUNSTEADY, UNCERTAIN HINDUSTRY OF PROBLEMS NON-TRANSFERABLE SKILLS FINANCIAL STRAIN PROBLEMS	
UNTRAINED/POOR MANAGEMENT	= POOR COMMUNICATION AND SUPPORT AND CONFLICTING MESSAGES/PRIORITIES RAPID PACE OF CHANGE AND SEQUENCE LACK OF CONTROL AND SUPPORT UNCLEAR EXPECTATIONS OR LACK OF ENFORCEMENT OR LACK OF ENFORCEMENT	
PHYSICAL DEMANDS	STRAINS AND CHRONIC PAIN SELF-MEDICATE *ADDICTION / EXPOSURE TO HARSH WEATHER ELEMENTS *ADDICTION / ALCOHOL ABUSE EXPOSURE-RELATED HEALTH ILLNESS	DEPRESSIO
PERSONAL ISSUES / WORRIES	FINANCIAL STRAINS = RELATIONSHIP PROBLEMS PERSONAL LOSS FAMILY ILLNESS COVID-19 CONCERNS	ON
DANGEROUS/POOR WORK CONDITIONS	POORLY MAINTAINED EQUIPMENTS / LACK OF PROPER TRAINING FOR RIGHT EQUIPMENT FOR TASK *ADDICTION / ALCOHOL ABUSE	
CHALLENGING SCHEDULES	ROTATING, NIGHT OR LONG SHIFTS/ FEW BREAKS SLEEP DEPRIVATION	
*DID YOU KNOW	THE CONSTRUCTION INDUSTRY HAS THE HIGHEST RATE OF PRESCRIPTION OPIOID ABI	USE
SIGNS OF MENTAL	L DISTRESS	
	LETHARGY UNEXPLAINED PRODUCTIVITY OR	

UNEXPLAINED PRODUCTIVITY OR LETHARGY PERFORMANCE DECLINES LACK OF MOTIVATION

DIFFICULTY CONCENTRATING ABSENTEEISM/TARDINESS

SELF-DEPRECIATING TALK

HOW CAN WE HELP CHANGE PERCEPTIONS TO REDUCE SUICIDE INDUSTRY STATISTICS? THE CONSTRUCTION INDUSTRY HAS A SOLID REPUTATION FOR STRONG SAFETY CULTURES -LET'S BROADEN OUR FOCUS TO INCLUDE MENTAL WELLNESS WITH THE SAME IMPORTANCE AS PHYSICAL WELL BEING.

CONFLICTS WITH CO-WORKERS

RECKLESS CHOICES, INCLUDING

NOT ADHERING TO SAFETY PROTOCOLS

SELF-ISOLATION FROM CREW ESPECIALLY DURING BREAKS

Foster community and connection among work crews --

acknowledge the epidemic and create targeted a true sense of team awareness, training and assistance programs. Social networks Training for managers and co-workers on signs Camaraderie building activities

and symptoms of suicidal behavior and the Increase inter-personal conversations "how was your weekend" "did your kid's team win the soccer appropriate referral resources • Targeted training for the field crews: stress game?" "Tell me about your family."

and inclusion

management, financial management, conflict

resolution, communications skills, diversity

Organizational, union and company leaders need to

- Lead in a culture that actively focuses on mental wellness, in addition to physical wellness. Incorporate mental health wellness discussions as
 - a part of tool box talks and stretch-n-flex routines • Promote use of free mental health and life skills resources and employee assistance programs

 - Eradicate the perception that mental health and suicide shouldn't be talked about in company/jobsite
- Genuinely ask "how are you doing?" and say "I care
 - about your safety and wellbeing" and remind teammate "you can always come talk to me if something is weighing on your mind."
 - Implement Balfour Beatty's Need to Talk training • National Suicide Prevention Lifeline 1-800-273-TALK /
 - suicidepreventionlifeline.org ManTherapy.org Carsonjspencer.org Nami.org

- Save.org Constructionworkingminds.org
 - Actionallianceforsuicideprevention.org • Crisis text line / text HELLO to 741741

- **SOURCE CITATIONS**
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- 4. Center for Disease Control and Prevention, National Vital Statistic System Peterson C, Sussell A, Li J, Schumacher PK, Yeoman K, Stone DM. Suicide Rates by Industry and Occupation — National Violent Death Reporting System, 32 States, 2016. MMWR Morb Mortal Wkly Rep 2020;69:57–62.

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- 7. Bureau of Labor Statistics 8. National Survey on Drug Use and Health, "Receipt of Services for Substance Abuse and Mental Health Issues Among Adults: Results from the 2016 National Survey on Drug Use and Health" 2016

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