

## Suicide Prevention Month

Construction Suicide Prevention Partnership's NOT TODAY Program is built around the theme of Restore, Refocus, and Recover. Gratitude plays a critical part in restoring belief, refocusing the mind, and recovering from a hard day's work. In this toolbox talk, let's give thanks to the people we work side by side with, discuss our gratitude for one another, and share stories about why teamwork, friends, and family are critical to our physical and mental well-being. Let's take some time to restore some joy, refocus on gratitude, and recover what matters.

What does, Thank You mean?

Our industry is embracing safety and mental wellness more than ever. With the ongoing Covid-19 Pandemic and coming out of one of the hottest summers on record, every worker in our industry deserves a big thank you. Our workers continue to be professionals and are reducing risks and accidents on our projects.

This month we have been discussing the importance of total well-being to being safe. We have talked about stress, meditation, depression, suicide, and shared resources to help you and your family stay healthy in these challenging times. Your safety and well-being are essential ingredients to the success of our industry. Thank you for participating in Suicide Prevention Month and for your hard work all year.

## Meeting Ideas and Preparation

The following are ideas to enhance the message of gratitude, but do not need to be implemented:

1. Thank you notes: Pass out a handwritten thank you note at the toolbox to each crew member
2. Banners: Order gratitude/thank you banner that has a very personal feel to be hung at the job site and can be signed.
3. Meal: Provide a socially distant lunch/breakfast/evening meal. Must follow all job COVID-19 protocols.
4. Giveaway: Gratitude wrist bands to be handed out. A daily reminder of the team's gratitude to the folks building the work.
5. Recognition: At the end of shift, staff to host a moment of recognition as craft leave for the day:
  - a. Applause line as craft depart at the end of shift.
  - b. Virtual high five craft as they leave the job site at the end of shift.

## Toolbox Meeting Kick-Off at Start of Shift

Share a message of gratitude on why you are thankful for your crew and their continued commitment to the job, team, production, self-care, and being safe in the field.

**Discuss these questions with your crew. Possible answers are listed below each question.**

### 1. What does being part of a crew/team/family mean to you?

- a. The people you work next to become an extension of your family.
- b. You care about their safety and well-being, as well as your own.
- c. Engage with your crew members and build team comradery.

### 2. When was a time that you were a brother/sister's keeper for a member of your crew?

- a. Share a personal story that has stuck with you.
- b. Thank a member of your crew for looking out for you and keeping you safe.
- c. Share what you learned from your experience.

### 3. How will you personally commit to caring for yourself and the ones around you?

- a. Getting enough sleep, eating well,
- b. Listening to my co-workers

### 4. What are you grateful for?

- a. Talk about your close family and friends, and why it is important that you go home safe each day.
- b. Share your favorite hobbies that you can do because you care about yourself and others around you.
- c. Thank your crew for looking out for you so you can continue to be there for the people you love most.



\*Adapted from [www.constructionsafetyweek.com](http://www.constructionsafetyweek.com)