



THE CENTER FOR CONSTRUCTION
RESEARCH AND TRAINING

Ergonomics and Opioid Use in Construction

2023 NIEHS Trainers' Exchange
May 3, 2023

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Agenda



- Background
- CPWR Training Programs
 - Best Built Plans Program
 - Opioid Awareness Training Program
 - Training Materials for Building Worker Resilience

Stretching




Shoulder Rolls: Do after working with hands overhead or reaching away from body

- Slowly roll shoulders up and backwards.



Forearm Stretch: With arm straight and hand up, GENTLY pull PALM back toward body; hold. Then bend wrist down and pull hand toward body.



Hamstring & Calf Stretch: Extend one leg forward, with heel on floor, point toes up. (Extend one leg back with foot on ground. Bend front knee to stretch calf of back leg.

Illustration of the Safety Best Practices Research Center © 2013

★ NABTU ★ Opioid Awareness Training

Welcome

North America's Building Trades Unions' (NABTU)

Opioid Hazard Awareness and Prevention Training Program

Welcome


September 2021

Check for the latest version at:
cpwr.com/opioids-training

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Building Resilience

Training Activities to Promote Construction Worker Well-being



UPDATED: February 2023

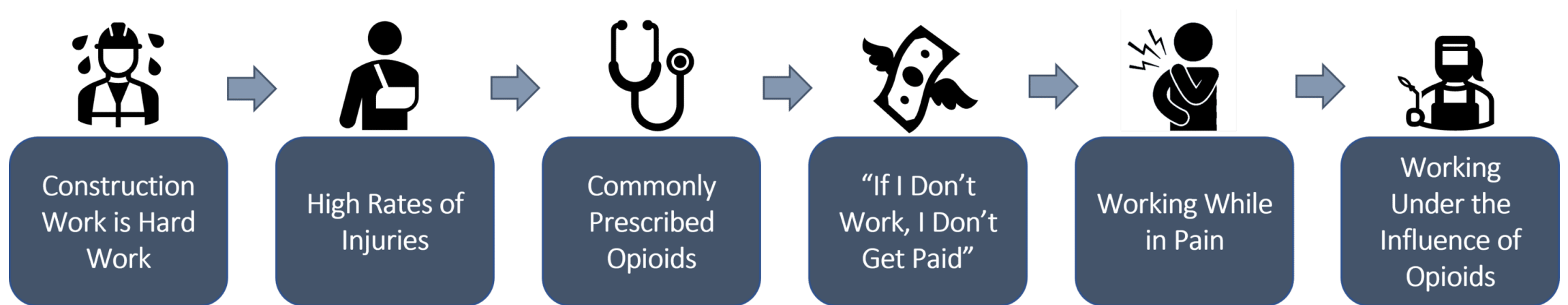
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Background

- **Strain and sprain injuries** (also referred to as musculoskeletal disorders (MSDs) or soft tissue injuries) **are a leading cause of disabling injuries** in the construction industry.
- In 2017, the rate of MSDs in construction was about 9% higher than the rate for all industries combined.
- Soft tissue injuries are primarily caused by overexertion (e.g. lifting, moving, pushing, pulling) and are most common in the back, followed by shoulders and knees. In 2017, overexertion accounted for 94% of MSDs. The remaining 6% were caused by repetitive motions and other activities.
- Construction workers of all ages experience back pain. In fact, **14% of 18-24 year-olds and 28% of 25-34 year-olds in construction self-reported having back pain.**

Background

- These and other painful injuries can ultimately lead to opioid use disorder.



Best Built Plans: Combined Contractor Site Planning Tool & Training Program

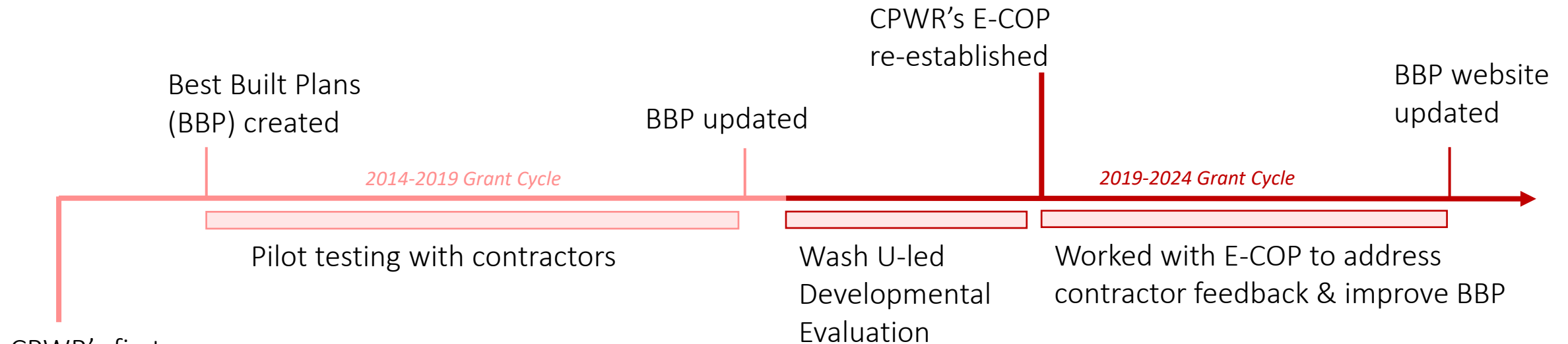
- Planning ahead for how materials will be stored, lifted, and moved reduces manual materials handling, helps contractors of all sizes stay productive and profitable, and saves workers from painful injuries.
- The Best Built Plans program provides free resources to help contractors at each project stage, starting with preparing an estimate (**bidding**), getting ready to start work on a new project (**pre-job**), once work is underway (**on-the-job**), and when the project is finished (**look back**).

<http://bestbuiltplans.org/>



History of Best Built Plans

Current Goal: Pilot developmental evaluation with the Ergonomic Community of Practice's project to reduce strain and sprain injuries.



CPWR's first Ergonomics Community of Practice (E-COP) established

Next Steps:

- New materials under development
- Testing updated website & new materials

Best Built Plans: Combined Contractor Site Planning Tool & Training Program

- **Site Planning Tool:** Worksheets, checklists, and training materials to help create and implement a manual materials handling hazard control plan for your project.
- **Interactive Training & Coaching Exercises and Knowledge Tests:** resources covering planning lifts and selecting lift equipment, the fundamentals of safe lifting, proper lifting techniques, and warming up before lifting and moving materials

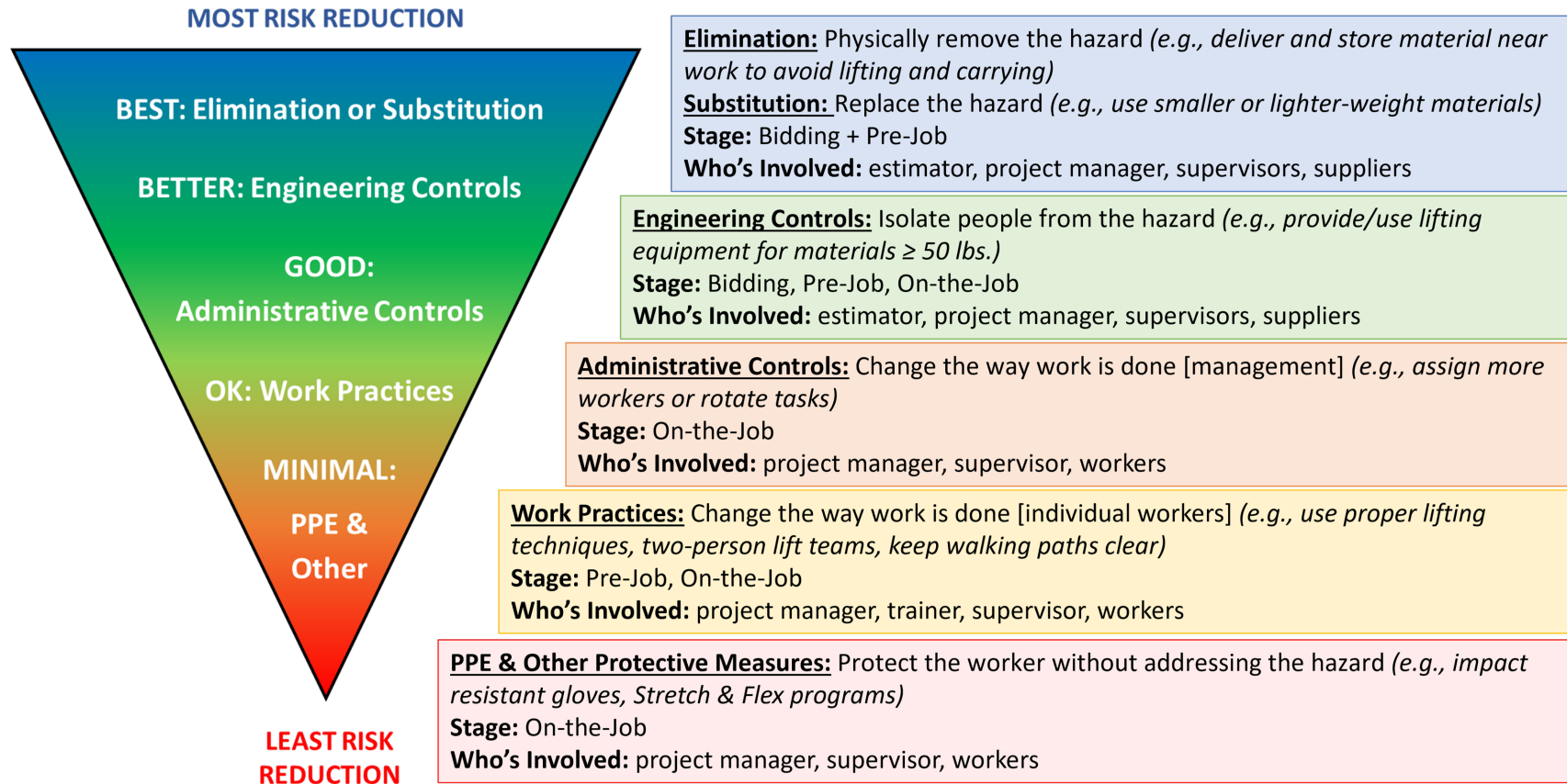
Ways to Access Best Built Plans

Platform	Site Planning Tool	Interactive Training & Coaching Resources
Online	✓	
Downloadable Program (PC only)	✓	✓
Mobile App	✓	✓

Site Planning Tool



Hierarchy of Controls for Manual Materials Handling to Reduce Strain & Sprain Injuries



Site Planning Tool

- **Worksheets** to help you calculate the cost of using safe materials handling practices, find the weights of common building materials and storage and handling options, and plan for their use.
- **Checklists** to use on the job to make sure your plan for how materials are to be delivered, stored, lifted and moved is put into practice.
- **Training programs and educational materials** for use with workers and management in a class and on the job site to increase awareness and understanding of the importance of planning for and using safe practices.
- Pick the current stage of a project underway:

① Bidding

② Pre-Job

③ On-the-Job

④ Look Back

Site Planning Tool

Recent Updates:

- Clear reasoning behind each stage
- Less scrolling due to table format
- Updated content based on developmental evaluation and E-COP recommendations
- Cleaner navigation between stages with NEXT buttons



Contractor Planning Tool

Bidding

WHO TO INVOLVE: Bidding on a new project may involve the estimator, project manager, safety director, and, if needed, the supplier/delivery driver, owner/general contractor.

PURPOSE & GOAL: Ensure resources are included in the estimate to cover the cost of the equipment and labor that will be needed to deliver, store, lift, and move materials without injury on the project.

KEY QUESTIONS	RESOURCES TO HELP
<ol style="list-style-type: none">1. What materials do you plan to use on the project?2. What quantity of each material will you need?3. How heavy are the units (bundles, bags, etc.) of each material that workers will need to lift and move? Which weigh more than 50 pounds? Are their light weight or lighter weight options (e.g., 40 lb bags instead of 80 lb bags)?4. How will the materials be delivered and stored? Will you need storage equipment to ensure the materials are stored off the ground (at least 24" off the ground) to minimize bending and lifting?5. What lifting equipment will be used to eliminate worker lifts of more than 50 pounds?6. How will you keep track of the quantities and costs of the materials, weights, storage options, lifting equipment and assistance you need to prepare your bid? <p>TIP: Ask your employees for their ideas on how to improve manual materials handling to avoid injuries and improve productivity.</p>	<ul style="list-style-type: none">• Weights of common building materials• Storage options for materials• Lifting equipment options• Manual Materials Handling Workbook – Worksheet #1 to help calculate and keep track of the cost of different material lifting and moving options

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More Information

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NEXT





Contractor Planning Tool

Pre-Job

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WHO TO INVOLVE: Before a new project starts review what you included in your bid for how materials will be delivered, stored, lifted moved, and used on the job with:

- Material and equipment suppliers
- The project owner and/or general contractor
- Your employees – foreman, project superintendent/project manager

PURPOSE & GOAL: Avoid downtime, damaged materials, and injuries from manual materials handling by reviewing the plan to ensure everyone involved in the project is ready to safely and effectively store, lift and move materials on the job site, and the materials and equipment are in place and accessible when needed.

KEY QUESTIONS	RESOURCES TO HELP
<p>1. Since developing the bid, have changes been made to the materials to be used, or how they will be stored, lifted or moved?</p> <p>2. Which of your employees will be responsible for coordinating when and where materials will be delivered and stored? Who do they need to be in contact with (supplier, general contractor, other trades, foreman)?</p> <p>3. Which of your employees will be responsible for making sure lifting equipment will be available for lifting and moving loads weighing 50 pounds or more?</p> <p>4. Do your supervisory personnel (foreman, etc.) and workers need training on how to use the lifting equipment, safe lifting practices to manually lift loads, and how to talk about safety? If yes, how will they be trained, who will be responsible, and where and when will the training take place?</p> <p>TIP: Ask your employees for their ideas on how to improve manual materials handling to avoid injuries and improve productivity.</p>	<p>Planning Resources:</p> <ul style="list-style-type: none"> • Weights of common building materials • Storage options for materials • Lifting equipment options • Manual Materials Handling Workbook – Worksheet #2 and/or the Materials Handling Checklist can help you refine your plan for how materials will be lifted and moved before work begins. • BBP – Creating a Contractor Ergonomics Program to Reduce Soft Tissue Injuries Among Construction Workers <p>Training Resources:</p> <ul style="list-style-type: none"> • BBP – Comprehensive Ergonomics Training for Workers • Safety Leadership (key scenarios to focus on – Introduction; “Gimme Space”; “Do We Have To?”; “Fritz’s Shortcut”)

NEXT



Contractor Planning Tool

On-the-Job

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WHO TO INVOLVE: On-the-Job – when a project is underway – may involve the project superintendent/manager, foreman, safety director, and workers

PURPOSE & GOAL: Properly implement the safe work practices included in the plan to minimize manual materials handling, promptly identify and address new risks, keep everyone focused on safety, quality, and productivity, and prevent injuries through daily planning and frequent communication with employees

KEY STEPS	RESOURCES TO HELP
<ol style="list-style-type: none"> At the start of each day, review the following with all employees – supervisors, foremen, and workers: <ul style="list-style-type: none"> When, where, and how materials will be delivered and stored, and the storage height (ideally between knee and waist height). How heavy materials will be lifted and moved to reduce manual handling (equipment and/or team lifts). The lifting equipment that will be used to lift and move the materials, where the equipment is located, and what to do if the equipment is not adequate or missing. The need to make sure the paths to move materials have adequate clearance and clear surfaces to allow for the safe movement and lifting of materials, and the lay down locations. Who to contact if equipment or help is not available, or a new materials handling risk is identified. Ask your employees for their ideas on how to improve manual materials handling to avoid injury and improve productivity. Share your plan with the general contractor and other contractors in the area to avoid conflicting schedules that could slow down your work and theirs. Monitor your plan to be sure it is being implemented correctly. 	<p>If you are changing the materials from what was included in your original bid or need to train your employees, the following resources can help:</p> <p>Planning Resources:</p> <ul style="list-style-type: none"> • Manual Materials Handling Workbook – Worksheet #3 and/or the Materials Handling Checklist can help you ensure your plan is being implemented properly. <p>Training Resources:</p> <ul style="list-style-type: none"> • Toolbox Talks in English and Spanish • Hazard Alert Card “Back Injuries” (English and Spanish) • Lift Coach Games – “Plan Your Route” and “Plan Your Lift” (available in English and Spanish) • Posters/Infographics • Safety Leadership (key scenarios to focus on – Introduction; “Gimme Space”; “Do We Have To?”; “Fritz’s Shortcut”)

NEXT





Contractor Planning Tool

Look Back (Lessons Learned)

WHO TO INVOLVE: May involve the project superintendent/project manager, foreman, and workers.

ACTION NEEDED: When the project ends, take time to reflect on the success of your plan – what worked and what could be better?

- Meet with your employees to get their input on what helped or did not help to minimize manual materials handling and what equipment, work practices, or actions they would recommend for future projects.
- Document what you learned and the solutions so they can be used to minimize manual materials handling and prevent injuries on future projects.

PURPOSE & GOAL: Identify lessons learned on this project to improve materials handling and reduce injuries on future projects. The more you learn from each project, the better positioned you will be to successfully bid and win future projects. Consider this last step the first step in planning for and winning your next project.

KEY QUESTIONS	RESOURCES
<p>1. How closely did you execute the plan? Identify what changed from the original plans and what adjustments were made on the job site.</p> <ul style="list-style-type: none"> ◦ Identify what did not go as planned (e.g., too much time for a task, equipment not available or appropriate for materials, poor staging area or cluttered paths needed to move materials, etc.) ◦ Did the changes have a positive or negative outcome? <p>2. Was your plan effective? Review incident reports or lost days of work to compare against past projects. Did soft tissue injuries go down?</p>	<p>Use your planning documents (bid documents, checklists, etc.) to compare how you expected materials to be handled with what happened on the job site.</p> <p>REMINDER: <i>If you used the Materials Handling Workbook and worksheets and/or the checklist you will have the documentation you need to conduct this review.</i></p>

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Look Back:

- “Lessons Learned” terminology added
- New worksheet in development
- Video clip in development

Date: ___/___/___ Project/Site: _____

Individuals participating in Look Back discussion:

PART 1 - COMPARE YOUR MATERIALS HANDLING PLAN TO WHAT ACTUALLY HAPPENED

FOR EACH TYPE OF MATERIAL USED ON THE PROJECT:

1. Was the material **delivered and stored** as planned?
 - a. **If yes**, did the delivery and storage methods minimize the need to lift and move the material?
 - b. **If no**, what changed from the original plan for how the material would be delivered and stored and why? Did the change have a positive or negative outcome?
 - **Based on employee feedback:**
 - a. Did the location for the material delivery and storage impact their ability to be safe and efficient on the job?
 - b. Did they have any recommendations that could be applied to future projects for improving how the material could be delivered and stored?
 - **Based on your experience** on this project, would you change how the material is delivered and stored on your next project? If yes, what would you do differently?
2. Was **lifting/moving equipment** available, appropriate for the material, and used as planned?
 - a. **If yes**, what type of lifting/moving equipment was included in the plan and was it readily available when needed?
 - b. **If no**, what changed from the original plan and why? Did the change have a positive or negative outcome?
 - **Based on employee feedback and observations:**
 - a. Did the workers use the lifting/moving equipment when available? If not, why? (E.g., the equipment available was not appropriate for the materials, the path was too cluttered to use the equipment, etc.)
 - b. Did the availability of lifting/moving equipment impact their ability to lift and move materials safely and efficiently?

Training Programs

- Separated into 3 primary “programs”
- Removed long lists of stand-alone resources that are already covered within the programs



Training Programs

Training for Contractors & Workers

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The **Best Built Plans Comprehensive Training Program** is designed to educate contractors and workers on the risks associated with manually lifting and moving materials and how to prevent strain, sprain and other soft tissue injuries.



[Contractor Training Program](#) – a 45-minute video presentation to train employers on the causes of soft tissue injuries, guidance on how to create a company-wide ergonomics program, and a brief overview of Best Built Plans resources.



[Worker Training Program](#) – designed to be used by an instructor in a classroom setting all at once or at separate times, the program includes detailed instructions on how to conduct each module and the handouts to use. Handouts and reinforcement exercises such as toolbox talks are also included.



[Interactive Training & Coaching Resources](#) – interactive training exercises with narration to educate workers on the need to plan lifts and the types of equipment, work practices, and lifting techniques that can reduce the risk for injury, and coaching exercises that introduce and test a user’s knowledge of warm-up activities and lifting fundamentals. These resources can be used by trainers or by workers on their own.



Training Programs

Contractor Training Program

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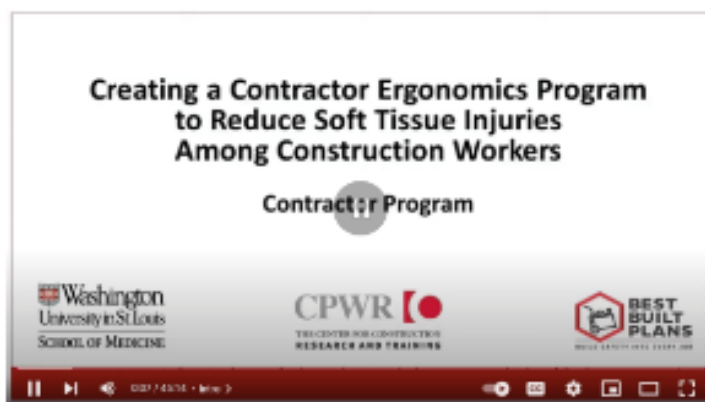
[Best Built Plans Contractor Planning Tool](#)

Best Built Plans Training Programs

- [Contractor Training Program](#)
- [Worker Training Program](#)
- [Interactive Training and Coaching Resources](#)

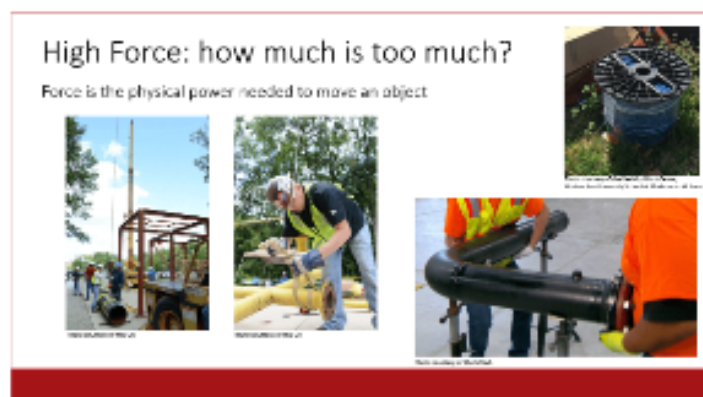
This presentation, available as a YouTube video or as a PowerPoint for delivery by a trainer, aims to answer the following questions:

1. Why do contractors need an ergonomics program?
2. What do management and workers need to know about ergonomics?
3. And how can ergonomics be integrated into a company's safety program?



Creating a Contractor Ergonomics Program to Reduce Soft Tissue Injuries Among Construction Workers

[YouTube Video \(45:14\)](#)



[PowerPoint](#)



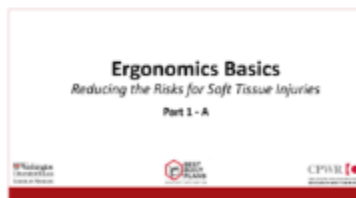
Training Programs

Worker Training Program

Designed to be used by an instructor in a classroom setting, the worker training program includes detailed instructions on how to conduct each module and the handouts to use. The modules can be delivered at one time or at different times.



[Instructor Guide](#)



[Part 1-A](#)– Ergonomics Basics: Overview of soft tissue injuries, recognition of related hazards, and proper lifting practices (PowerPoint)



[Part 1-B](#)– Ergonomics Basics: risks of prescription opioids and benefits of stretching exercises (PowerPoint)



[Part 2](#) – Proper lifting methods (hands-on demonstrations). [Appendix C](#)– Demonstration station signage



[Part 3](#)– Interactive planning, lifting, moving, and stretching activities, including games for smartphones (PowerPoint)



[Part 4](#) – Ergonomics refresher (PowerPoint)

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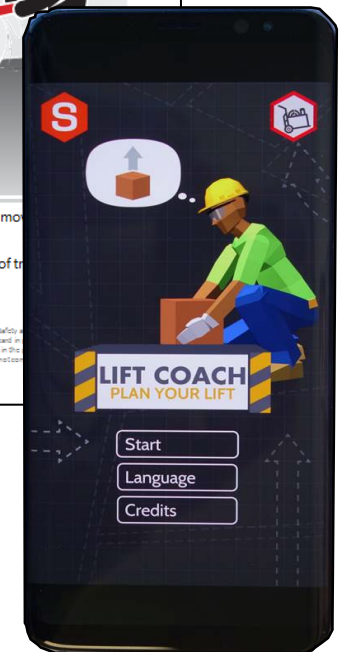
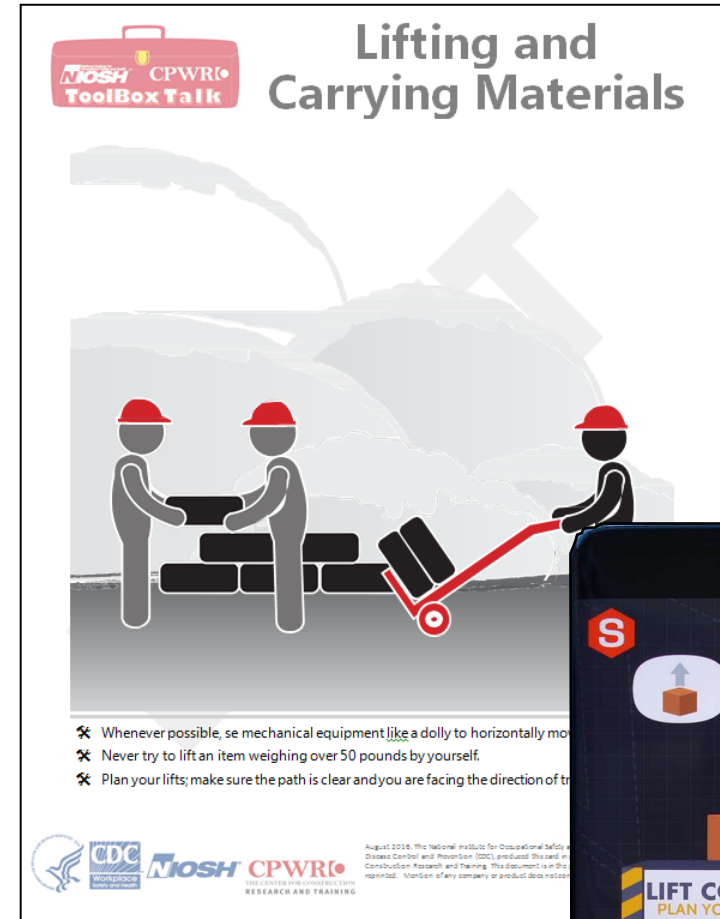
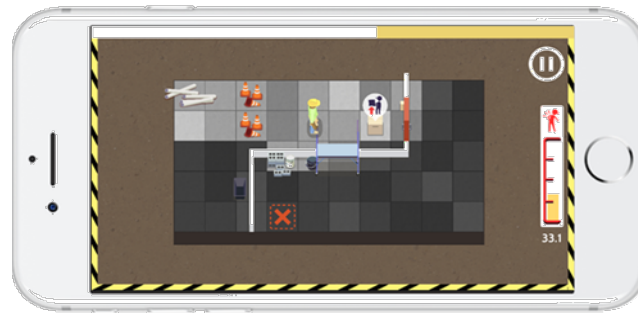
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Best Built Plans Training Programs

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- [Interactive Training and Coaching Resources](#)

Supplemental Resources

- Lift Coach Games: Plan Your Lift, Plan Your Route
- Infographics
- Hazard Alert Card
- Toolbox Talks
- Videos



New Resources Under Development



Materials Handling: Plan Your Lift

Before you lift and move any material, check the weight and follow safe practices to reduce the risk of sprain and strain injuries.

- ✓ Talk to your supervisor and coworkers to find the safest approach before lifting and moving materials.
- ✓ Use a dolly, hand truck, or other lifting equipment.
- ✓ Use a team lift – ask a coworker for help if lifting equipment is NOT available. Contractors have found team lifts reduce fatigue and injury risks and can even improve productivity.



- ✓ Your employer should provide lifting equipment that is in good work and appropriate for the materials and should train you on the use of equipment and safe lifting practices.

REMEMBER:

- ✓ Use lifting equipment or ask a coworker for help when materials weigh 50 pounds or more.
- ✓ Clear pathways before moving materials to avoid slips, trips, and

Source: Hess, J. et al. (2010) "Ergonomic Best Practices in Masonry: Regional Differences, Benefits, Barriers, and Recommendations for Dissemination." Journal of Occupational and Environmental Hygiene, 7: 3, 446-455, June, 1, 2010.

CPWR's Toolbox
Talk on Lifting &
Carrying Materials:
https://bit.ly/lifting_tbt



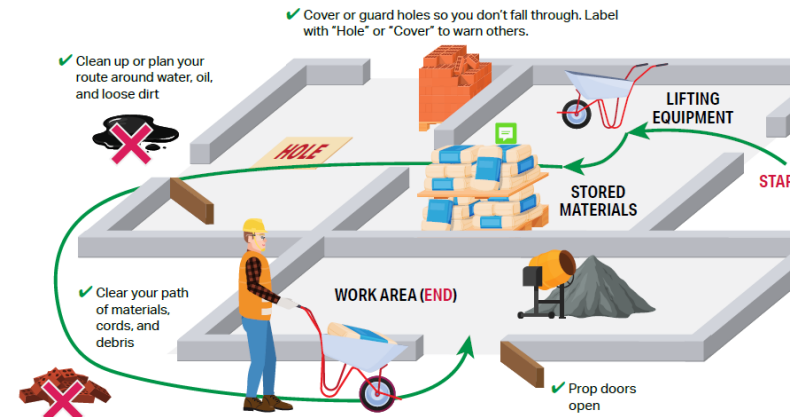
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Materials Handling: Plan Your Route

Before lifting and moving any material, plan the safest route and eliminate slip, trip, and fall hazards.



- ✓ Use lifting equipment or ask a coworker for help when materials weigh 50 pounds or more.

CPWR's Toolbox
Talk on Lifting &
Carrying Materials:
https://bit.ly/lifting_tbt



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Materials Handling: Use Safe Lifting and Moving Practices

Save your back, knees, and other joints by using safe practices when lifting and moving materials.

WHEN PREPARING AND LIFTING MATERIALS...



- ✓ Make sure you have clear access – remove obstacles between yourself and the materials.
- ✓ Keep your neck and back aligned and straight.



- ✓ Bend your knees and move slowly and smoothly.
- ✓ Position your feet shoulder-width apart and slightly staggered.

WHEN CARRYING MATERIALS...



- ✓ Make sure you have a clear path.
- ✓ Stand straight and bring the load close to your body. Do NOT hunch over.
- ✓ Stay focused. Do NOT let your mind drift.



- ✓ Lead with your foot when turning instead of twisting with your body.
- ✓ Move smoothly, steadily, and not too fast.

REMEMBER:

- ✓ Do NOT jerk your body to lift materials.
- ✓ Use lifting equipment or ask a coworker for help when materials weigh 50 pounds or more.

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CPWR's Toolbox
Talk on Lifting &
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https://bit.ly/lifting_tbt



bestbuiltplans.org



Training Programs

Interactive Training & Coaching Resources

These resources are available for download to a PC or as a free app for your Android or iOS phone or tablet.

- **Training** – interactive exercises with narration to increase a worker’s understanding of the need to plan lifts and the types of equipment, work practices, and lifting techniques that can help reduce the risk for injury.
- **Coaching** – interactive exercises that introduce and test a user’s knowledge of warm-up activities and the fundamentals of safe lifting practices

DOWNLOAD THE FREE PC-BASED PROGRAM



[Click to download](#) and follow the prompts to install. If you need help, click [HERE](#) for step-by-step instructions. Please note: if you receive a message “BestBuiltPlans(1)zip is not commonly downloaded and may be dangerous,” please click on the up arrow and click “Keep.” This is a message some browsers are using for new applications.

DOWNLOAD THE FREE APP



The entire Best Built Plans Program, including all the planning, training, and coaching resources, is now available as a free app for your Android or iOS phone or tablet.



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Best Built Plans Training Programs

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- [Worker Training Program](#)
- [Interactive Training and Coaching Resources](#)

Opioid Awareness Training

- Intended for use by **experienced instructors**, to **increase awareness of opioids** and **decrease the stigma** associated with opioid use.
- Module 1 published in 2021
- Module 2 to be added later
- Includes **PowerPoint, Instructor Guide, and Participant Handout**

<https://www.cpwr.com/research/research-to-practice-r2p/r2p-library/other-resources-for-stakeholders/mental-health-addiction/opioid-resources/opioid-awareness-training-program/>

Introduction

Course Objectives

1. Improve knowledge about opioids, including harms and prevention
2. Inspire and motivate trainees to take action:
 - Get more information and share it
 - Identify risk factors and prevent harm
 - Support our brothers and sisters in the trades who are struggling



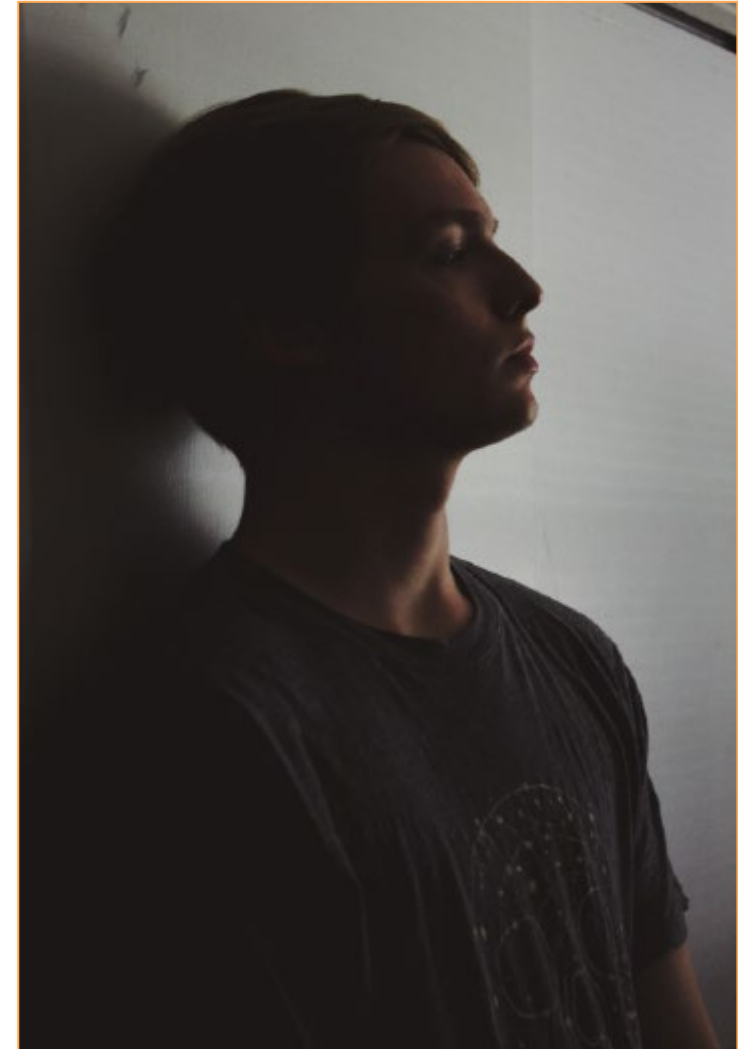
“I tell the general contractor on the job, if there’s anyone struggling, let me know, before they lose their job.”

-- Ed O’Toole, Peer Advocate for Allied Trades Assistance Program

Introduction

Course Content Sensitivity and Confidentiality

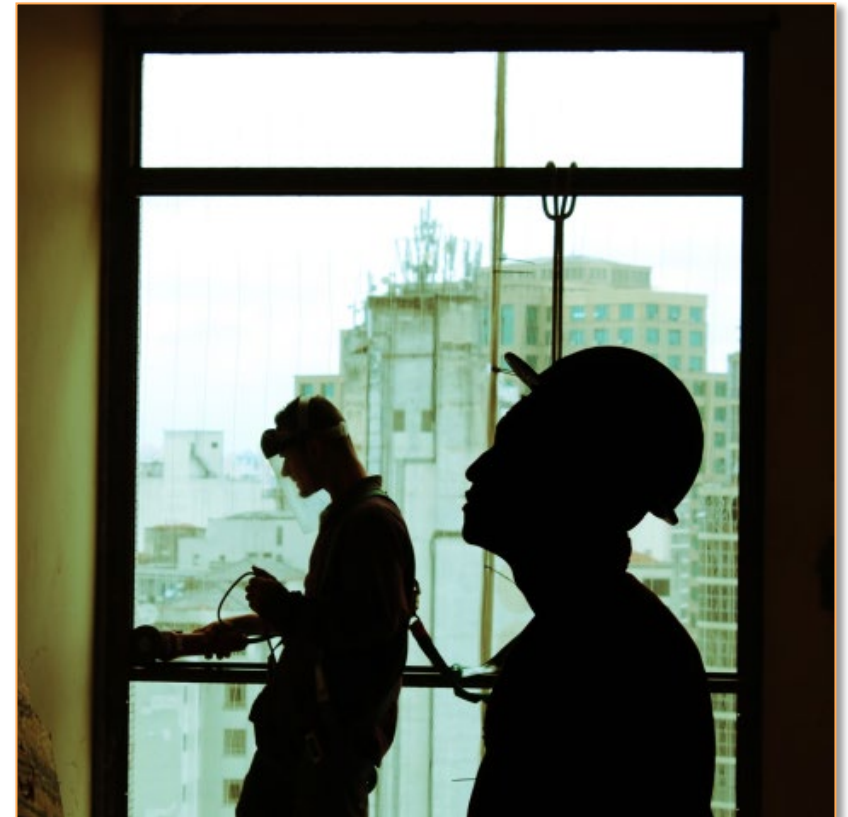
- **TRIGGER WARNING** – this is an upsetting topic. If you find the content overwhelming, take a break.
 - **BUT, know that help is available**
- **“KEEP IT IN THE ROOM”** – let’s use this class to talk honestly about an important topic. Please don’t talk about what someone shared.



What's the Problem?

Question: *Why are construction workers at greater risk?*

- **High risk for pain and injuries = High risk for painkillers**
 - Health insurance + Doctors willing to write scripts for opioids
 - Pharma Companies marketed to construction workers
- Boom/bust cycles in construction work
- Long days, weeks of work without enough rest time or sick days
- “Heavy drinking/drugging is normal” culture?



Understanding Opioids

Side Effects of All Opioids

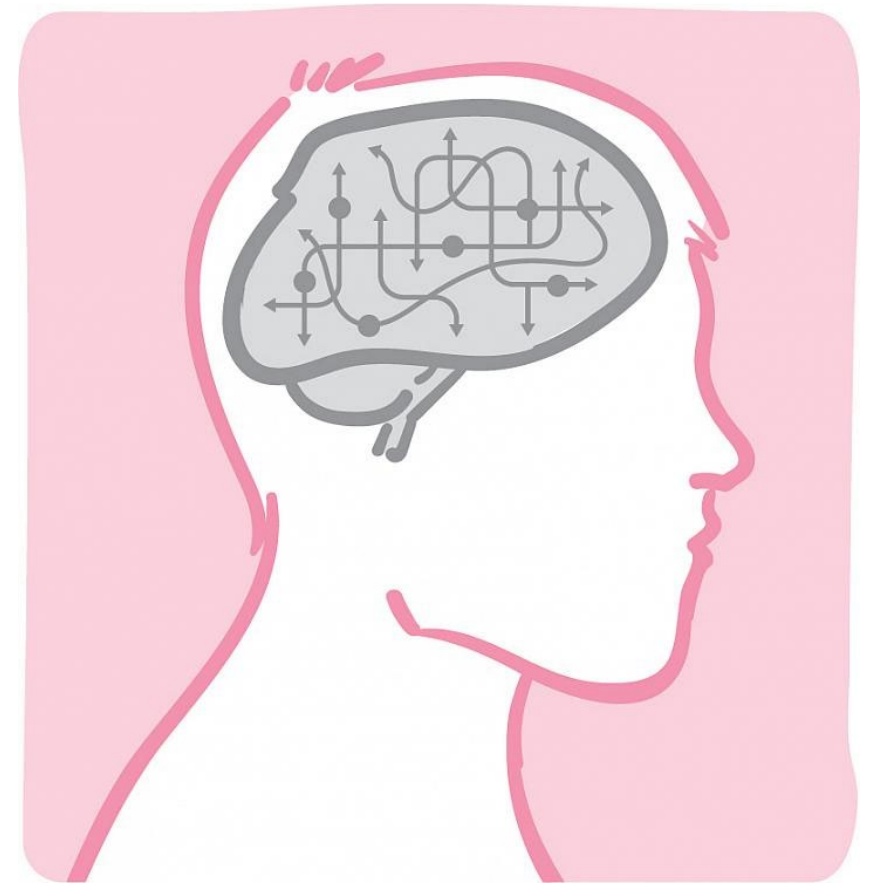
- Drowsiness
- Constipation and nausea
- Changes in the brain
- Physical dependence
- Addiction / Substance Use Disorder
- Withdrawal symptoms (dope sick)
- Respiratory suppression (overdose death)



Understanding Opioids

Addiction/Substance Use Disorder is a Disease

- **Substance Use Disorder (SUD):** An on-going brain **disease*** where the sufferer will look for and use drugs, despite harmful consequences.
 - ***Disease =** A condition that changes the way the body functions.
- Opioids cause addiction in the brain by **rewiring it.**
- A person is diagnosed with SUD when they tell a medical professional that they **can't stop using even though they want to.**

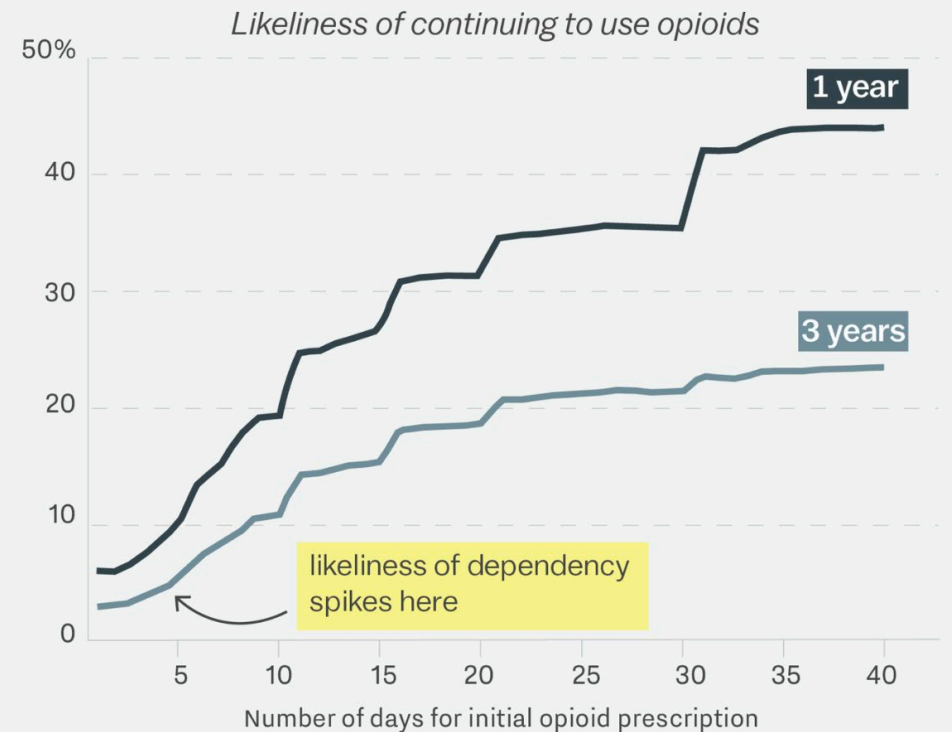


Source: NIH

Who gets addicted?

- Anyone who takes opioids (legal or illicit) can become dependent
- Taking them for more than 4-5 days greatly increases the risk of long-term use
- Exposure to opioids = risk of addiction

Risk of continued opioid use increases at 4-5 days



Source: Centers for Disease Control and Prevention

Credit: Sarah Frostenson

Vox

Opioid Addiction/Substance Use Disorder Can be Prevented

- **Question:** How can we help prevent opioid addiction among construction workers?
 - **LEVEL 1 Prevention:** Reduce/eliminate the risk factors for pain, including tasks or conditions that cause injuries.
 - **LEVEL 2 Prevention:** If a construction worker is injured or in pain (job- or not job-related), encourage them to get care that doesn't include opioids.
 - **LEVEL 3 Prevention and Harm Reduction*:** If they are taking opioids, help them reduce their use and stop. Help them get help. Prevent an overdose.

**Harm Reduction = actions to prevent the negative consequences of drug use*

Prevention and Harm Reduction

LEVEL 1 Prevention: Prevent the Causes of Pain

- **Question:** What are some examples of ways to prevent painful injuries on construction job sites?
- Ergonomically designed tools
- Safety and health committees to identify and address hazards
- Report hazards
- Housekeeping to prevent slips, trips and falls
- Proper personal protective equipment
- Positive safety culture and program
- Ergonomics = “Fitting the task to the worker” to prevent musculoskeletal injuries




NATIONAL SAFETY STAND-DOWN
TO PREVENT FALLS IN CONSTRUCTION

MAY 3-7, 2021

Stop Falls Stand-Down

- Plan a toolbox talk or other safety activity
- Take a break to talk about how to prevent falls
- Provide training for all workers

For more information:
www.osha.gov/StopFallsStandDown
 #StandDown4Safety
 1-800-321-OSHA (6742) • TTY 1-877-889-5627

Logos for U.S. Department of Labor, OSHA, CDC, NIOSH, and NORA are displayed at the bottom.

Source: OSHA

Prevention and Harm Reduction

LEVEL 2 Prevention: Avoid Exposure to Opioids

- Avoid long-term prescriptions
- Avoid combined prescriptions (tranquilizers + muscle relaxants + painkillers)
- Advocate for good care, including non-opioid treatment

CPWR Physicians'/Providers Alert Document

Complete the "To My Doctor" form (page 2) and give it to your doctor to include in your medical records.

Physicians'/Providers' Alert:

Pain Management for Construction Workers

This Alert was developed to help ensure that all construction workers who visit a doctor or other healthcare provider because of pain from an injury are aware of treatment options and understand the potential risks of addiction associated with using prescription opioids. *Please:*

- (1) *read and print this Alert;*
- (2) *keep the "Tips for Talking with Your Doctor"; and*
- (3) *fill in the "To My Doctor" form and give it to your doctor to include in your medical records.*

Tips for Talking with Your Doctor: *What You Need to Know Before Accepting an Opioid Prescription*

Opioids, such as fentanyl (Duragesic[®]), hydrocodone (Vicodin[®]), oxycodone (OxyContin[®]), oxymorphone (Opana[®]), hydromorphone (Dilaudid[®]), meperidine (Demerol[®]), diphenoxylate (Lomotil[®]), tramadol, buprenorphine (e.g., Suboxone[®]), morphine, and codeine are often prescribed to help manage pain. In addition, new drugs are entering the market place, such as Dsuvia[™], which are considered even more addictive. Since these medications can be addictive, they should only be used if other treatment options are not effective. When prescribed, they should be used for the shortest time possible, be closely monitored, and include counseling.

Talk to your doctor about treatment options and how the medication may affect you. Remember to tell your doctor:

- ✓ If you have been or are being treated for another health issue or have been prescribed other medications by another doctor.
- ✓ If you have a history of addiction to tobacco, alcohol or drugs, or if there is a history of addiction in your family.
- ✓ About your work environment. Let your doctor know that 1) taking opioids on the job can be a safety hazard because they can make you drowsy, and 2) testing positive for some drugs, even when prescribed for pain, can negatively impact employment opportunities. Some employers have expanded panels of drugs they test employees for, which are regularly reviewed and updated. The Department of Transportation's drug test panel, for example, includes:¹
 - Opioids (codeine, morphine, 6-AM (heroin), hydrocodone, hydromorphone, oxycodone, oxymorphone)
 - Phencyclidine
 - Marijuana (THC)
 - Cocaine
 - Amphetamines (amphetamine, methamphetamine, MDMA, MDA)

Before accepting a prescription for one of the medications listed earlier or another opioid, ask your doctor/healthcare provider:

1. Can my condition be effectively treated without opioid medication? If yes, what would the treatment involve?
2. [If prescribed an opioid and are taking other medications] Will the opioid medication interfere with other medications that I'm currently taking?
3. Are there potential side effects from the opioid medication prescribed? If yes, how can I reduce the risk of side effects?

Remember:

NEVER share medications or store medications where others will have access.
ALWAYS safely dispose of medications. Look for a medicine disposal center near you (often at your local pharmacy).

To learn more visit:

- CPWR Opioid Resources website <https://www.cpw.com/research/opioid-resources>
- Substance Abuse and Mental Health Services Administration (SAMHSA) <https://www.samhsa.gov/> or call their confidential national hotline 1-800-662-HELP (4357)
- Facing Addiction's online Addiction Resource Hub <https://resources.facingaddiction.org/>

¹ Source: U.S. Department of Transportation, (2018), DOT 3 panel notice. https://www.transportation.gov/odapc/DOT_3_Panel_Notice_2018



LEVEL 3 Prevention: Reduce the Harms of Opioid Addiction

- **Question:** How can we reduce the harms of opioid addiction among construction workers?
- Offer support and help:
 - Communicate directly about your concern.
 - Eliminate stigma and judgement, including about treatment.
 - Share resources for help.
- Be ready to reverse an overdose. Make sure Naloxone (Narcan®) is in the site first aid kit.



LEVEL 3 Prevention: Understanding and Reducing the Harms of Stigma

- **Question:** Why do we react negatively to someone struggling with addiction or mental health problems?
- **Stigma** - shame or disgrace attached to something regarded as socially unacceptable.
- Believing only bad people have problems or they deserve to be punished for making bad choices



Source: Bridges of Hope/Studio L.Online

LEVEL 3 Prevention: Support and Resources



Crisis Text Line

Text HOME to 741741 to connect with a Crisis Counselor

<https://www.crisistextline.org/>

National Suicide Prevention Lifeline - 1-800-273-8255

www.suicidepreventionlifeline.org

Learn to COPE - 508-738-5148

www.learn2cope.org/

SHATTERPROOF™ - 1-800-597-2557

www.shatterproof.org/

Overcoming our Common Struggles

It's Not Only Opioids

Many of us struggle with:

- Depression, anxiety, anger, stress and other mental health issues, including thoughts of suicide
- Alcohol and other substances
- Gambling
- Family conflict
- Financial problems



Time to get uncomfortable and talk about it...

Supplemental Materials

- [CPWR Workshop on Combating Suicide and Overdose Fatalities Among Construction Workers](#) — This white paper summarizes a workshop on the high rates of suicide and overdose deaths among construction workers. Attendees discussed current initiatives and began developing a roadmap, creating 4 workgroups that have continued to meet.
- [Reframing Primary Prevention and Opioid Use Reduction in the Construction Industry](#) — A brief developed by the FrameWorks Institute that distills key concepts and ideas about how to communicate the value of primary prevention for reducing opioid use among construction workers.
- [Opioid Deaths in Construction Hazard Alert](#), also available in [Spanish](#).
- [Opioid Deaths in Construction Toolbox Talk](#), also available in [Spanish](#).
- [Physicians' Alert – Pain Management for Construction Workers](#)
- [Protect Yourself from an Opioid Overdose Infographic](#) also available in Spanish
- [Peer Advocacy for Construction Workers Struggling with Substance Use and Mental Health](#)
- [Opioid Hazards & Awareness Resources](#) — video with CPWR Opioid Projects Coordinator Chris Rodman
- [Musculoskeletal Disorders and Prescription Opioid Use among U.S. Construction Workers](#) — Key Finding for a paper in the Journal of Occupational and Environmental Medicine
- [Prescription opioid use and associated factors among US construction workers](#) — Key Finding for a paper in the American Journal of Industrial Medicine
- [Overdose Fatalities at Worksites and Opioid Use in the Construction Industry](#) — 2019 Quarterly Data Report

HAZARD ALERT
CPWR
CONSTRUCTION WORKERS' PERSPECTIVE

OPIOID DEATHS IN CONSTRUCTION

Why are construction workers at risk?

- ▶ The construction industry has one of the highest injury rates of any industry.¹
- ▶ Even for minor injuries, a worker's risk of death increases when opioids are prescribed.²
- ▶ The probability of long-term opioid use increases sharply in the first days a worker starts taking them, even when the prescription is only for five days.³

Injured construction workers often...

- ▶ Cannot continue to work while injured.
- ▶ Suffer a loss in income. Even if an injured worker receives workers' compensation, it is often not enough to make up for lost pay.
- ▶ Experience anxiety, stress, and depression, which can add to existing pain.

Overdose deaths are on the rise

- ▶ There were more than **107,000** overdose deaths in 2021—over **80,000** of which were due to an opioid overdose. Deaths from opioid overdose increased **19%** from 2020 to 2021.⁴
- ▶ **COVID-19** increased fatal overdoses because the pandemic led to more isolation, loss of loved ones, stress, unemployment, precarious housing, decreased access to treatment services, and other factors.⁵
- ▶ One study found that **more than half** of those who died from an overdose had suffered at least one job-related injury.⁶

7X Construction workers are seven times more likely to die from an opioid overdose than other workers.⁷

PROTECT YOURSELF!

- 1 Prevent Injuries**
Work shouldn't hurt—your employer must provide a safe workplace to prevent an injury from occurring. A commitment to safety reduces the need for pain medication.
Follow safe work practices.
- 2 Talk to a Doctor**
Opioids are addictive and can have side effects.
Ask about:
 - ▶ Other forms of pain medication that are not addictive and have fewer side effects.
 - ▶ Other forms of pain management such as physical therapy or acupuncture.Opioids should be the last option to treat your pain. If opioids are prescribed they should be used for the shortest possible time. Discard any unused medications.
- 3 Get Help**
Opioids change how your brain works. They trigger one part of it to demand more opioids and make it harder for another part of it to resist them.
Check with your union or employer to find out if they have a program to help, such as:
 - ▶ an employee assistance program (EAP); or
 - ▶ member assistance program (MAP).Or ask your doctor for help to find the best addiction treatment option for you.
Remember addiction is an illness that can be treated.

If you or someone you know needs help:

- ▶ Contact the Substance Abuse and Mental Health Services Administration's National Helpline at <https://www.samhsa.gov> or call their confidential hotline: **1-800-662-HELP (4357)**.
- ▶ Visit the Recovery Resource online hub: <https://www.cpwr.org/recovery-resource>.
- ▶ Contact your union.
- ▶ Find a list of common opioids at: <https://opioidoverdose.com/meds>.
- ▶ Give your doctor the Physicians' Alert on Pain Management among Construction Workers from: <https://opioidoverdose.com>.

Find out more about construction hazards.
To receive copies of this Hazard Alert and cards on other topics, call **301-578-8500**

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Training Materials to Build Worker Resilience

- **9 activities** that guide discussions with construction workers about **substance use, suicide, and mental and physical wellbeing.**
- **field-tested** training activities
- designed for **groups of 8-10** apprentices or journey-level workers
- can be completed in **30 minutes to an hour**
- Includes a **workbook** with detailed facilitation instructions for each activity and introductory **slide set**

<https://www.cpwr.com/research/research-to-practice-r2p/r2p-library/other-resources-for-stakeholders/mental-health-addiction/>

Building Resilience

Training Activities to Help Overcome the Mental Health and Substance Use Challenges in our Construction Community

Introduction

The construction sector has more suicides and overdoses than any other industry
We can reverse these trends by understanding why and taking action on mental health and substance use

Taking action means:

Get Information

- Get more information and share it

Recognize

- Recognize the hazards and prevent or control them

Practice

- Practice a culture of health and wellness

Support

- Support our brothers and sisters in the trades who are struggling

Talk about it

- Talk about it – even if it’s uncomfortable -- Eliminate stigma

What is Resilience?



We define it as being able to prevent harms where we can and, also, to bounce back with power when struggles occur.

We say: “help is available.”

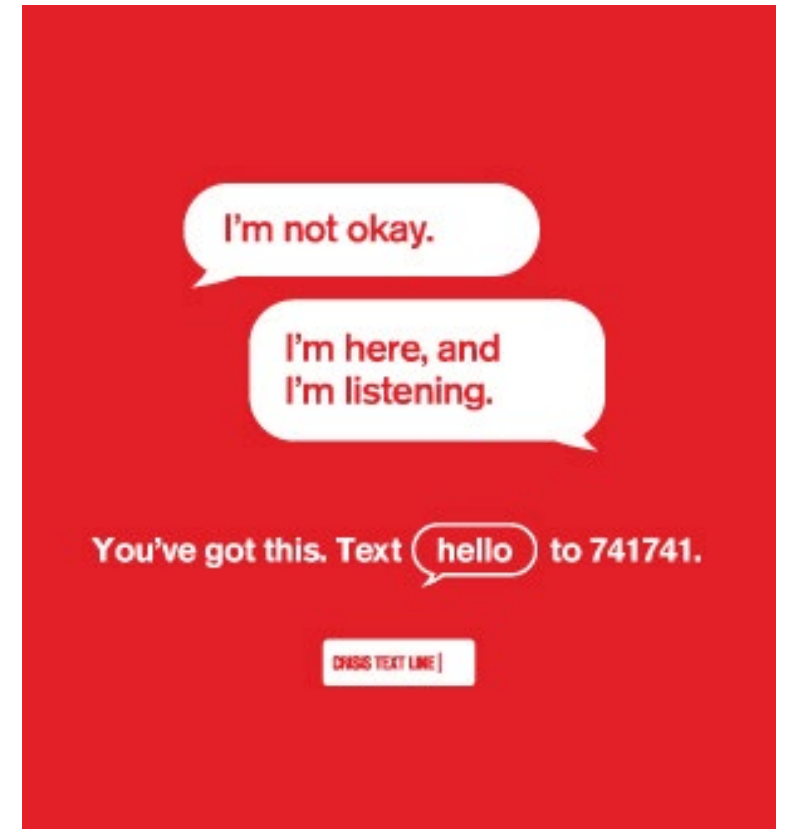
We think getting help is more than consulting with a mental health professional.

It’s talking with our brothers and sisters to gain a **deeper understanding** of the root causes of these problems, to **live** to fight another day, to **connect** with a struggling brother or sister, and to **taking action** to change the story.

Content Warning and Confidentiality

- **TRIGGER WARNING** – the training activities concern suicide and other disturbing topics. If participating in this discussion is too much, let the instructor know.
- **KEEP IT IN THE ROOM** – let's use this opportunity to talk honestly about an important topic. Please don't gossip about what someone has said.

If you or someone you know needs help....Help is available...just ask...



Workbook Content (9 Activities)



Member Assistance – Time to Get Uncomfortable

NABTU Resolution #4 – Discussing what’s happening for the sector and what should be done

Motivational Interviewing – How to help someone make changes and get help

Going Upstream – Talking about Prevention

Basic Suicide Prevention – Getting comfortable talking about it

Health is Like a Building – A metaphor to explore the dimensions of health

Mandatory Drug and Alcohol Testing Debate – How does testing promote safety?

Getting the Story Right – A suicide happens – what went wrong and what can we do

What’s Healthy Here? – An annoying conversation at the Roach Coach

Some themes to be discovered and discussed...

- There are some construction-specific risk factors for suicide, substance use, and mental and physical health challenges
- There are also some construction-specific “resilience” factors that help people cope and avoid harm
- People have a lot going on...and then there’s COVID, etc.
- Prevention is possible – and where we can’t prevent, we can reduce harm
- Bottom line: Support our brothers and sisters who are struggling



THE CENTER FOR CONSTRUCTION
RESEARCH AND TRAINING

Thank you! Questions?

2023 NIEHS Trainers' Exchange
May 3, 2023

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