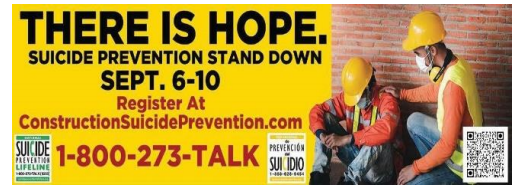


2021 Suicide Awareness Month

Suicide Prevention Stand Down September 6-10



In 2020, the Centers for Disease Control and Prevention found that men working in construction have one of the highest suicide rates compared to other industries. Their rate of suicide is about four times higher than the general population. Work-related stress can have severe impacts on mental health and without proper support may lead to substance abuse and even suicide,” stated Acting Assistant Secretary of Labor for Occupational Safety and Health Jim Frederick. “Workers in construction face many work-related stressors that may increase their risk factors for suicide, such as the uncertainty of seasonal work, demanding schedules and workplace injuries that are sometimes treated with opioids.”

Over the years, the SE TX OSHA offices have had suicides reported, including a suicide reported last month:

Employee consumed zinc nitrate and phosphoric acid and also cut his wrists. He said that he tried to kill himself. He was taken to the hospital where he was pronounced dead.

Suicide Prevention Week is a good opportunity to talk with your employees about suicide and let them know that help and assistance is available including the suicide prevention helpline.

There are many organizations with information on suicide prevention including information on discussing suicide prevention and warning signs and symptoms.

- OSHA Preventing Suicide: <https://www.osha.gov/preventingsuicides>
- Construction Suicide Prevention: <https://constructionsuicideprevention.com/>
- Construction Working Minds: <https://www.constructionworkingminds.org/>
- American Foundation for Suicide Prevention: <https://afsp.org/get-help>



Let's take this opportunity to reach out to our fellow employees and workers to let them know help is available.

2021 National Preparedness Month

September is National Preparedness Month. Hurricanes have been discussed recently and Louisiana is suffering through the aftermath of hurricane Ida. There are also other potential disasters and emergencies we need to plan for. Floods, wild fires, active shooters, tornados, cyber-attacks... There are many potential threats out there. Take time this month to review your vulnerabilities and implement plans to control and prevent harm.

- Ready Gov: <https://www.ready.gov/september>
- Hazard Information Sheets: <https://www.ready.gov/be-informed>



This information has been developed by an OSHA Compliance Assistance Specialist and is intended to assist employers, workers, and others improve workplace health and safety. While we attempt to thoroughly address specific topics [or hazards], it is not possible to include discussion of everything necessary to ensure a healthy and safe working environment in this presentation. This information is a tool for addressing workplace hazards, and is not an exhaustive statement of an employer's legal obligations, which are defined by statute, regulations, and standards. This document does not have the force and effect of law and is not meant to bind the public in any way. This document is intended only to provide clarity to the public regarding existing requirements under the law or agency policies. It does not create (or diminish) legal obligations under the Occupational Safety and Health Act. Finally, OSHA may modify rules and related interpretations in light of new technology, information, or circumstances; to keep apprised of such developments, or to review information on a wide range of occupational safety and health topics, you can visit OSHA's website at www.osha.gov. You can contact Jim Shelton at the Houston North Area office at Shelton.james@dol.gov for more information.