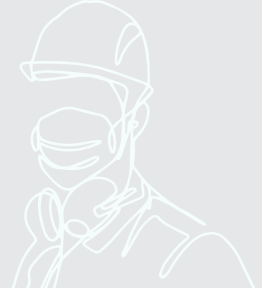


TOOLBOX TALK

LETHAL MEANS SAFETY



When talking about suicide risk, you can take simple steps to protect yourself and your family, particularly if you or others in the household are in crisis or experiencing suicidal thoughts or behaviors. Lethal Means Safety is an important public health issue that can affect your health and your family's well-being. While firearms and medications are usually handled responsibly, they can become deadly if an individual is in crisis or having thoughts of suicide.

BY THE NUMBERS

- In 2020, half of all Americans who died by suicide used a firearm. Just over 71% of veterans who died by suicide in the same year also utilized firearms.
- Researchers have consistently found that when you reduce access to or improve or enhance the safety of the means by which individuals attempt suicide, you reduce suicide.

WHY IT MATTERS

Contrary to popular belief, people who are suicidal don't generally seek other ways to attempt suicide if they can't access the method they were going to use. Nor will they attempt suicide if safeguards are in place to make using that method more difficult. Creating a safe home environment for those with suicidal thoughts or tendencies can greatly reduce the likelihood of death by suicide.

GOOD TO KNOW

- Safe storage practices include using cable or trigger locks, storing firearms in a locked case or safe, and storing firearms and ammunition separately and locked. Safe storage options can be researched at the National Shooting Sports Foundation website: www.nssf.org/safety and the Department of Veterans Affairs website: www.keepitsecure.net.
- If you or someone you know has a firearm and is at immediate risk for suicide, temporarily removing firearms from the home may be the best way to ensure safety.
- Another way to stay safe is to keep only as much prescription medication as needed. Store any sedative, narcotic, or opioid medications under lock and key. Additionally, discard any outdated or unneeded medications. Consult with your local pharmacy to find nearby medication disposal drop boxes.
- Also during a crisis, remove other household items that could be used to harm oneself, such as ropes, cords, and sharp objects.



CONSTRUCTION SUICIDE
PREVENTION WEEK

Call, text or chat [988](tel:988) for the National Suicide Prevention Lifeline.

Find resources at ConstructionSuicidePrevention.com.