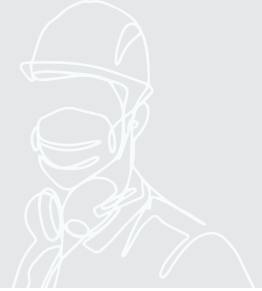


TOOLBOX TALK

Opioids and Substance Abuse



Construction work is physically demanding and schedule driven. This, along with other stressors, can lead to self-medication or receiving a prescribed opioid from a doctor for chronic pain or an injury. Opioids are highly addictive, and someone's tolerance can easily escalate causing them to turn to more drugs, riskier drugs, or other drug methods, often with unknown risks. In general, those in construction are statistically more likely to struggle with substance use and overdoses.

BY THE NUMBERS

-One out of three construction workers have a musculoskeletal disorder (MSD), and prescription opioid use is three times higher among construction workers with MSDs.

-In 2020, the construction industry had the highest drug overdose death rate compared to other industries, taking the lives of 131 out of every 100,000 workers. (CDC)

-The majority of preventable drug overdose deaths (78%) involve opioids.

-Construction workers are seven times more likely to die of an opioid overdose than workers in other industries and are 150% more likely than other full-time workers to be diagnosed with a substance use disorder.

WHY IT MATTERS

Knowing more about the issue of opioids and substance use in the construction industry can raise awareness for yourself and others. [When we take care of ourselves, physically and mentally, we're safer and jobsites are safer.](#)

GOOD TO KNOW

Work to find healthy ways to cope with job stressors and physical strain, rather than turning to substances. Learn what resources are available to you at your company and remember you can contact the [988 Suicide & Crisis Lifeline for support by calling 988 or chatting at \[www.988lifeline.org\]\(http://www.988lifeline.org\)](#). It's 24/7, free, and confidential.

If a doctor is considering prescribing you an opioid for pain management or an injury, think about the following tips to reduce the risk of addiction and overdose: Talk to your doctor about non-opioid alternatives, don't share medications with others, only take what's prescribed to you, and take as prescribed. Be prepared in case of an emergency — Naloxone (also known as Narcan) can be lifesaving. Learn more at www.cdc.gov.



CONSTRUCTION SUICIDE
PREVENTION WEEK

Call, text or chat [988](#) for the Suicide & Crisis Lifeline.

Find resources at ConstructionSuicidePrevention.com.