



SAFETY

Nebraska Building Chapter

AGC Safety Initiative E-News

March 30, 2022

OUR Safety MISSION: Help each other enforce safety rules to ensure that every person on construction site goes home safe and healthy at end of the workday.

Calendar of Events – [Learn more](#)

April is National Distracted Driving Awareness Month: <https://tinyurl.com/2p887k37>

- Get the National Highway Traffic Safety Administration's document on distracted driving: <https://tinyurl.com/swekbhmb>
- Download a report by the World Health Organization on mobile phones and distracted driving: <https://tinyurl.com/4rd4rkms>
- Download information from the CDC on Distracted Driving: <https://tinyurl.com/55nvhjcb>
- Check out the CDC's website for parents of teenaged drivers: <https://tinyurl.com/2y5ncrfk>
- Download a social-media friendly animation from NIOSH about the dangers of distracted driving and share it on your social networks: <https://go.usa.gov/xnQFb>

Nebraska Construction Safety and Health Professionals Spring Meeting:

<https://nebraskacsph.com/event/spring-safety/>

SkillsUSA Nebraska Conference April 4 – 7, Grand Island <https://skillsusanebraska.org/nebraska-state-conference/>

The 3rd annual National Stand-Down to Prevent Struck-by Incidents is taking place April 11 – 15, 2022 in coordination with National Work Zone Awareness Week.

The NORA Construction Sector Council Struck-by Work Group will host several webinars spread across that week:

- **April 11, 2022 at 1 PM EDT** – [Preventing Struck-by Incidents in Roadway Work Zones](#)
- **11 de abril de 2022 a las 3 PM EDT** – [Prevención de Incidentes por Atropellos: Zonas de Trabajo, Equipos Pesados e Impacto de Objetos](#)
- **April 13, 2022 at 2 PM EDT** – [What's the risk? Best Practices to reduce the likelihood of struck-by injuries from heavy equipment and crane activities](#)
- **April 14, 2022 at 2PM EDT** – [Preventing Struck-by Incidents from Dropped Tools & Other Objects](#)

[COVID-19 Resources Update](#) Updated information with quick references.

AGC of America's **COVID-19 Vaccine Toolkit** <https://www.agc.org/covid-19-vaccine-toolkit>

OSHA withdrew its [Vaccination and Testing Emergency Temporary Standard](#) and will focus on a permanent [COVID-19 Healthcare Standard](#)

5 WAYS TO CREATE A CARING WORKPLACE ENVIRONMENT IN THE CONSTRUCTION

The stigma surrounding mental health discussions has disappeared over the years, but sometimes crucial conversations still don't happen. People may be afraid to ask for help or unable to mitigate symptoms that make life difficult. Workplace leadership plays a significant role in helping team members with these issues.

How to support mental health in the construction industry to make the environment healthier for everyone.

1. Encourage PTO Days

Mental exhaustion often starts with physical labor. Construction workers are working hard on their feet all day, lifting heavy materials and operating machinery. Their work keeps cities functioning, so people in leadership positions often fall into the habit of pushing their team members harder to beat deadlines. The physical demands will strain a person's mental stamina and leave them more vulnerable to anxiety or depression. If management encourages people to take paid time off (PTO) to rest and recharge, construction workers will return to work in a better frame of mind.

2. Make an Inclusive Environment

Work environments have a significant impact on a person's mental wellness. As of 2020, women made up [9.1% of the construction industry](#), pointing to an extreme gender imbalance that fosters environmental strains like sexism. Proactively reducing and eliminating these issues could be one of the most powerful mental health improvements in the construction industry. People are less likely to feel depressed or struggle with their mental health if they feel included and valued. Gender equality and anti-discrimination training are just a few ways the industry can become more inclusive and reduce the adverse mental health effects for minority groups.

3. Reduce On-Site Injury Risks

While construction is a rewarding and diverse career, it does come with more physical risks than a desk job. Construction professionals operate machinery while physically exhausted, but getting medical attention for their injuries often worsens their mental health. Unfortunately, workplace accidents can sometimes [lead to addictions for construction workers](#) because they become reliant on prescription medications to get back to work. While this is a failure of the system, not the profession, we can reduce this likelihood and protect construction workers by making the workplace safer to start with. Any actions that reduce the chances of injury protect construction workers from crises that lead to job loss or addictions. Enforcing breaks and establishing more safety protocols are just a few ways to reduce injuries and improve everyone's overall health.

4. Establish the First Connection

Many people will get professional mental health assistance if they know where to find it. People in leadership positions can create a resource that establishes the first connection by listing therapy offices that accept your workplace's health insurance. Include the contact information in weekly or monthly emails to encourage team members to reach out. Making a therapist's office number well known is a great way to start mental health improvements in the construction industry because it makes it easier for people to get the help they need. Even better, consider including complementary telehealth visits with counseling services in your company insurance benefits.

5. Communicate Openly and Frequently

Construction employment [fell by 58% in 2020](#), leading to additional workplace stress created by the fear of future layoffs. People will deal with less stress and anxiety if their team leaders and business owners communicate with them frequently. Send weekly updates explaining the state of the company and any ongoing challenges. Employees always feel more valued when communication from leadership prevents them from feeling disconnected. If they understand that things are going well enough that layoffs aren't a concern, their mental wellness will be in a much better state because their supervisors or managers mitigated the fear of the unknown.

Support Mental Health in Construction

Team leaders and business owners should learn how to support mental health in the construction industry. Their teams will thrive, and employee retention will improve when people aren't working overtime, stressing about layoffs, or recovering from injuries. Every preventive effort makes a significant difference in creating healthier workplace environments within construction companies.

CONNECTED. SUPPORTED. SAFE. Construction Safety Week May 2 - 6, 2022

Safety is a bond that unites us. It's our connection to each other, and to something bigger than ourselves. Being **connected** gives us strength, because it means we are not alone in building a stronger, safer industry, and in creating a safe, supportive environment for our workers. **Supported** means we are here for one another, and we have each other's backs in every possible way, providing the tools and resources necessary to ensure everyone can do their best work and return home safely every day. When we're connected and supported, we are better able to help ourselves and our teams stay present and focused on the job. We are better able to create a culture and workplace where everyone feels **safe**. The more we stay connected and committed, the more we can show up fully to support one another. And the more we feel supported, the more safe choices we make, and the better work we deliver, leading to safer selves, safer teams and safer job sites. [Click here](#) for more information.

Safety Initiative Goals:

As an AGC Nebraska Building Chapter member, are you participating with:

- 100% of all AGC members and other contractors on AGC jobsites enforcing OSHA standards as they apply to falls, electrical safety and possible another topic.
- 100% of all AGC members will have set their own company goals to improve safety in their firm and have a way to measure progress towards the goal.
- 100% of all AGC members will encourage and support all contractors on their jobsites to set their own company goals for improving safety.