

Opioids in the Trades

Mental Health Talk

Discuss with crews on

Explain Dangers!

Workers in construction are particularly vulnerable to opioid addiction and the harms it can cause. The reasons why are complex, but the need for pain management, a “work hard, play hard” culture, and social stigma are significant factors.

The follow stats are based on Ontario only: In 2020, at least 2,500 Ontarians died of drug overdoses—up from 1,500 in 2019, a 60% increase. Of the victims who were employed, 30% worked in construction, making it by far the most impacted industry.

Identify Controls

Stigma is a set of negative attitudes or beliefs about a person, group of people, or circumstance. It has a significant impact on the experiences of people with substance-use disorders and how they're treated in the workplace. The stigma associated with addiction can be a barrier to seeking help.

Take these important steps to help reduce stigma:

- Remember that addiction is a treatable medical condition, not a choice. It is deserving of care just like any other medical condition.
- Ask yourself if your attitudes and behaviours have been influenced by negative

stereotypes, stories, and images about drug users.

- Do not define any person by their drug use.
- Be respectful, compassionate, and caring to those who use drugs.

Some ways to support at-risk coworkers:

- Be a bridge between your coworker and the appropriate sources of professional help.
- Act quickly. The earlier a problem is found and treated, the better. If you're concerned but do nothing, the problem could get worse.
- You don't need to diagnose or counsel your coworker. Your honest support may be enough to motivate them to seek counselling.

If your coworker's personal problems put workplace safety at risk, you must take action to safeguard your coworker, yourself, and your fellow workers.

Take immediate action when:

- You suspect your coworker may be impaired by alcohol or drugs—such as opioids—while at work.
- You believe a coworker is not fit for work. You don't have to know the reason that they are unfit for work or potentially unsafe. Report your concerns to a supervisor, who should then take appropriate action.

This can be a tough step to take. You may feel like you're betraying a friend. But remember that your decision can save lives. Your actions are part of the solution, not part of the problem.

Demonstrate

Describe the signs and symptoms of an opioid overdose, including:

- Slow, weak breathing, or not breathing at all.
- Blue lips or nails
- Dizziness or confusion
- Choking, gurgling, or snoring sounds
- Drowsiness or difficulty staying awake.

Naloxone is a drug that can temporarily stop the effects of opioids and help restore breathing during an overdose. Find out where to get a free naloxone kit (and learn how to use it) at Ontario.ca/naloxone. Let your workers know who, at the workplace, has been trained and is authorized to administer this lifesaving drug.

Prepare

Review

[How to Talk About Mental Health at Your Workplace](#), IHSA's guide for supervisors delivering safety talks on mental health.

Watch

[The Other Pandemic](#) video series, which outlines the industry-specific factors that place workers in the trades at greater risk of opioid use.

Read

Health Canada's page on addressing the stigma surrounding drug use—particularly the section on [changing how you talk about drug use](#).

Dive in/Bookmark

Additional [resources to help prevent opioid deaths](#) in the construction industry, from the U.S.-based Center for Construction Research and Training.

Post

[Opioid Overdoses: What to Do poster](#).

More resources

- Alberta Health Services' free download, [Does someone I work with have a problem?](#), offers additional information about identifying the signs of an alcohol- or drug-abuse problem in a coworker, and how to offer them help.
- Here are Links for New Brunswick, [Naloxone kits to be available in New Brunswick](#) and [About Opioids](#).
- Let your team know about the [National Overdose Response Service](#), a confidential telephone hotline that offers support for individuals when they use drugs.
- [The Brave App](#) provides a similar service for iPhones and Android-based devices.

Consider asking your crew these questions after delivering the safety talk:

- What are some of the signs that a person may be experiencing an opioid overdose?
- What should you do if you come across someone experiencing an opioid overdose?

Note to facilitator: Print and distribute these pages to your group:

- [Signs and symptoms of an opioid overdose](#)
- [Opioid Overdoses: What to Do](#)

Some workplaces may have specific training for administering Naloxone. Ask what your workplace is doing with regard to the opioid crisis. If no strategy is in place, use this safety talk as a way to start the conversation and equip your workers with some basic knowledge.

Do you have questions? Did your crew have questions you couldn't answer? Remember, it's okay to not have all the answers.