

ACCSH Emerging and Current Issues Workgroup Meeting

(Opioids and Suicides) Report Out

June 30th - July 1st, 2020

ACCSH Emerging and Current Issues Workgroup Meeting

WG Members

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Opioids and Suicides Background

Opioids Facts

1. Unintentional construction overdose fatalities jumped from 7 to 65 between 2011 and 2018
2. From 2011 to 2017, 25% of construction workers with work-related injuries used prescribed opioids
3. Older construction workers were more likely to use prescribed opioid pain relievers
4. Uninsured construction workers were more likely to use illicit drugs

Suicide Facts

1. Suicide is a “death of despair” similar to deaths from drugs and alcohol
2. Approximately 41,000 suicides occur in the US each year with a 20 year upward trend
3. More people die from suicide than in motor vehicle crashes
4. Suicide is the second leading cause of death for men (age 25-54)
5. Construction industry has a high risk of suicide. (in top occupations at risk)
6. Risk factors for suicide are known

Lifetime odds of death for selected causes, United States, 2017

Cause of Death	Odds of Dying
Heart Disease	1 in 6
Cancer	1 in 7
Chronic Lower Respiratory Disease	1 in 27
Suicide	1 in 88
Opioid overdose	1 in 96
Motor Vehicle Crash	1 in 103
Fall	1 in 114
Gun Assault	1 in 285
Pedestrian Incident	1 in 556
Motorcyclist	1 in 858



DRUG OVERDOSE DEATHS AT WORK



The number of **drug overdose deaths at work** is rising.

The top 3 industries with the **highest numbers of drug overdose deaths at work** from 2011-2016*



Transportation & Warehousing
116 deaths



Construction
114 deaths



Healthcare & Social Assistance
96 deaths

Learn More

[cdc.gov/niosh/topics/opioids](https://www.cdc.gov/niosh/topics/opioids)

Employer Resources

National Safety Council Employer Toolkit
[nsc.org/work-safety/tools-resources/prescription-drug](https://www.nsc.org/work-safety/tools-resources/prescription-drug)

U.S. Chamber of Commerce
[uschamber.com/Americas-opioid-crisis](https://www.uschamber.com/Americas-opioid-crisis)

What do we know about drug overdose deaths at work?



Most overdose deaths at work were from **opioids**
Opioids are drugs commonly used to reduce pain and can be prescribed or used without a medical reason



Workplace factors can influence the use of prescriptions and other substances

Examples: opioids prescribed for work-related back pain, and workers using substances to deal with work-related stress

Employers: You can take steps to prevent worker drug overdose

- ☐ Identify and remove workplace dangers
- ☐ Protect workers who do physically demanding jobs from getting injured
- ☐ Educate yourself on how you can support a worker with a substance use disorder
- ☐ Educate employees on risks for substance use and overdose prevention
- ☐ Consider implementing a program to make **naloxone** available in the workplace in the event of an opioid overdose
Naloxone is a life-saving medication that can reverse the effects of an opioid overdose



Large Employers:
Provide training and encourage use of an employee assistance program, health plan, and other resources for treatment of substance use disorders



Small Employers:
Work with your local health department for resources in your community

Why Mental Health is Smart Business

Suicide is Preventable

1,008 Construction Worker Fatalities in 2018

9.5/100,000 FTE

5,242 Construction Worker Suicides in 2018

49.4/100,000 FTE

Depression is the leading cause of disability

Mental Health claims represent 1/3 of all disability claims

Be a Best in Class Employer by properly addressing this issue.

Many of the Risk Factors for Suicide are well known.

There are also some very clear warning signs everyone should know.

Respond through TASC.... Tune-in, Ask, State, Connect



Mental Health & Suicide Prevention
for Construction Companies

NEEDS ANALYSIS & INTEGRATION CHECKLIST

Mental Health and Suicide in Construction

Willis Towers Watson

Suicide Awareness Voices of Education

SAVE was one of the nation's first organizations dedicated to the prevention of suicide.

Raising public awareness, educating communities, and equipping every person with the right tools

Factors Leading to Mental Illness

- Biological factors such as genes or brain chemistry
- Life experiences such as trauma or abuse
- Family history of mental health problems
- Environmental stressors or exposure to hazardous materials

Risk Control Role and Mental Health and Suicide

The Platform- 3 level deployment

1. 30 minute video; 2. foreman/supervisors;
3. Principals, owners, etc.

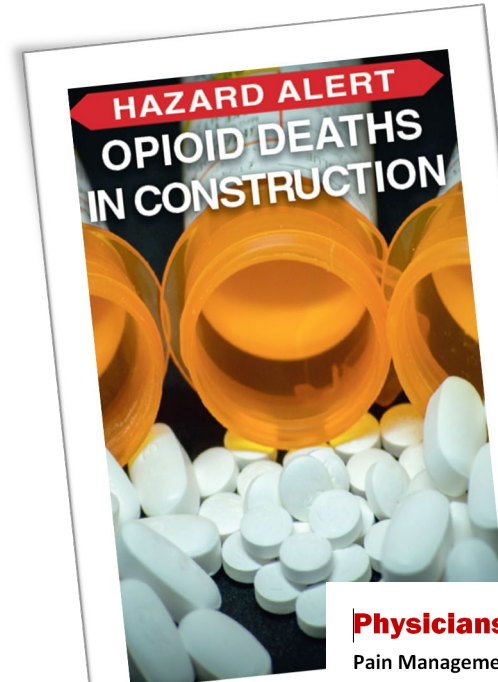


CPWR Opioids Resources

Developed to Support Task Force and Public Priorities

<https://www.cpwr.com/research/opioid-resources>

- Hazard Alert
- Tool Box Talk
- Physician/Practitioner Alert
- Infographic
- Two hour awareness module



Opioid Deaths in Construction



- ✦ Report hazards to your supervisor or foreman to prevent injuries.
- ✦ If you're injured, opioids are the last option. Talk to your doctor about non-addictive medications or other options to treat the pain.
- ✦ Need help with addiction? Call this confidential hotline for help: 1-800-662-4357



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Physicians'/Providers' Alert:

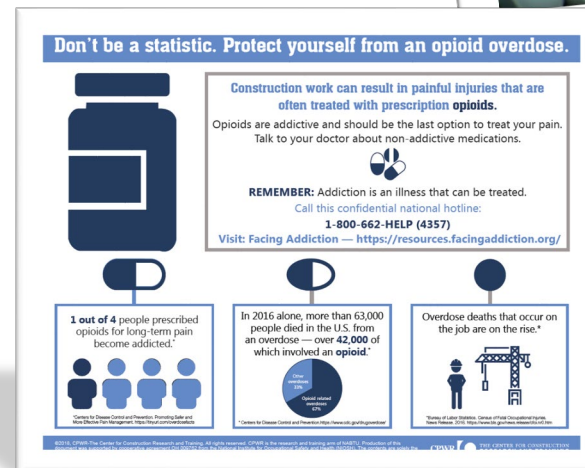
Pain Management for Construction Workers

This Alert was developed to help ensure that all construction workers who visit a doctor or other healthcare provider because of pain from an injury are aware of treatment options and understand the potential risks of addiction associated with using prescription opioids. **Please:**

- (1) **read and print this Alert;**
- (2) **keep the "Tips for Talking with Your Doctor"; and**
- (3) **fill in the "To My Doctor" form and give it to your doctor to include in your medical records.**

Tips for Talking with Your Doctor: What You Need to Know Before Accepting an Opioid Prescription

Opioids, such as Fentanyl (Duragesic®), Hydrocodone (Vicodin®), Oxycodone (OxyContin®), Oxycodone (Percocet®), Hydromorphone (Dilaudid®), Meperidine (Demerol®), Diphenoxylate (Lomotil®), morphine, and codeine are often prescribed to help manage pain. Since these medications can be addictive, they should only be used if other treatment options are not effective. When used correctly, opioids should be used for a limited period of time.



Opioid Awareness Training

CPWR

Why is it Important?-

- Overdose rate for construction is 6-8 times higher rate than all workers (Davis et al. and CPD)
- Suicide Rate by occupation highest in U.S. (CDC)
- COVID-19 pandemic increases concern

Training Purpose-

1. Improve knowledge about opioids and related substance use and mental health
2. Inspire and motivate trainees to act

Training Content-

- What's the Problem?
- Understanding Opioids
- Prevention and Harm Reduction
- Understanding Treatment and Recovery
- Overcoming our Common Struggles



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Recommended Practices for
Safety & Health Programs
in **Construction**

Opioids: What could OSHA do?

1. Create Opioid and Musculoskeletal Disorder (MSD) special emphasis program (ie. Trenching, silica, etc.)
2. Outreach Training efforts
3. Add to safety and health management programs
4. Develop leading indicators

Suicide: What could OSHA do?

1. Include in OSHA 10-30 hour training or Foundations for Safety Leadership
2. Continue to promote as part of safety stand downs and website
3. Add to safety and health awareness campaigns
4. Develop leading indicators



Using **Leading Indicators**
to Improve Safety and Health Outcomes

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WG questions for consideration

- Could OSHA including these topics as a training elective?
- Are there existing OSHA resources that are suitable for these topics to be incorporated?
- Is there a list of OSHA actions being taking to address these topics nationally? How can OSHA best build on what has already occurred?
- Is it possible to develop and utilize leading indicators in this area?
- Can some of the OSHA regional efforts be taken nationally?

