

Why Overdose Deaths in Construction Are On the Rise



According to the Centers for Disease Control (CDC), people working in construction are more likely to die from an overdose than any other industry.

- There were more than 162 overdose deaths per 100,000 construction workers in 2020.
- Construction workers are 16 times more likely to die of an overdose than a work-related injury.

Considerations About Construction



Construction is physically tough.

There are more opportunities for injuries that may require pain management.



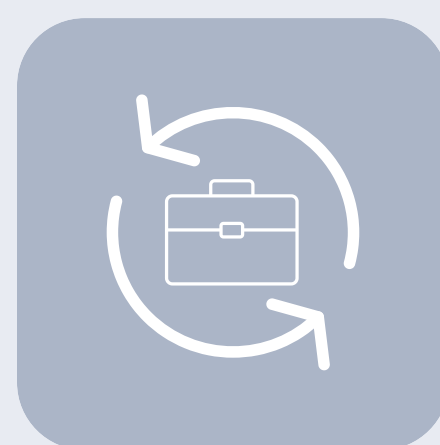
Muscle and bone injuries are common.

People are more likely to be prescribed opioids for musculoskeletal injuries.



Paid sick leave isn't common.

Opioids may help a worker get back to work quickly so they don't lose a paycheck.



Construction work is cyclical.

Construction workers may feel pressured to work whenever possible so they can support their families.



There is a lot of stigma around addiction.

Stigma prevents people from reaching out for help when they need it.

What Can Employers Do?



Narcan

Stock Narcan on job sites to administer to suspected opioid overdoses and train staff how and when to use it.



Education & Support

Hold open discussions about mental health and substance use to destigmatize the topic.



Offer Resources

Make it easy for employees to find information about and access resources for mental health and substance use.

How Youturn Health Works

Youturn Health offers comprehensive support to privately help with stress, substance use, and suicidal thoughts without fear of stigmatization or negative repercussions.

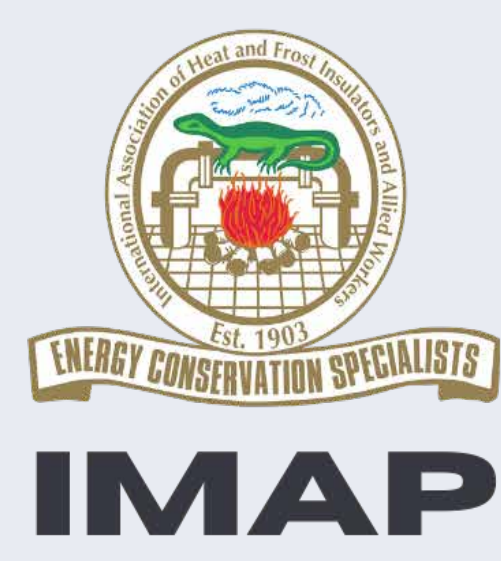
Access to **EDUCATIONAL AND INSPIRATIONAL VIDEOS** through the Youturn app. Videos are designed to increase your understanding of stress management, mental health, substance use, and wellness.

PEER COACHING SUPPORT LINE to get answers to your mental health questions and extra guidance if needed. Longer-term peer support from certified coaches is also available.

SUPPORT FOR YOUR FAMILY. Your loved ones also have access to the Youturn app, video library, and Peer Coaching Support Line to facilitate healing and healthy behaviors.



Sources: <https://www.cdc.gov/nchs/data/hvsr/hvsr72/hvsr72-07.pdf> | <https://www.nytimes.com/2024/02/08/business/construction-drug-overdose-deaths.html>



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