



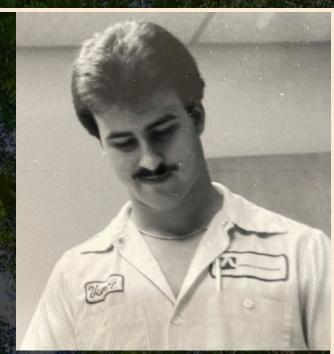
First Grade – 1967

Happy 60th - 2022





10th Grade - 1978







Training with Heather Jackson & Wattie Ink



114.6 miles down. Only 26 more to go.



Training swim, Ironman Utah – water 54° F







I have not always been in a happy place

 Sometimes life gets tough – family life gets tough





Stats (Centers for Disease Control) Construction/Mining & Extraction

- The national suicide rate is 14 per 100,000
- Construction rate is 45 per 100,000
- Construction suicide rate is 5 times higher than construction related deaths

Stats – 2020 U.S. Bureau of Labor Statistics & Centers for Disease Control

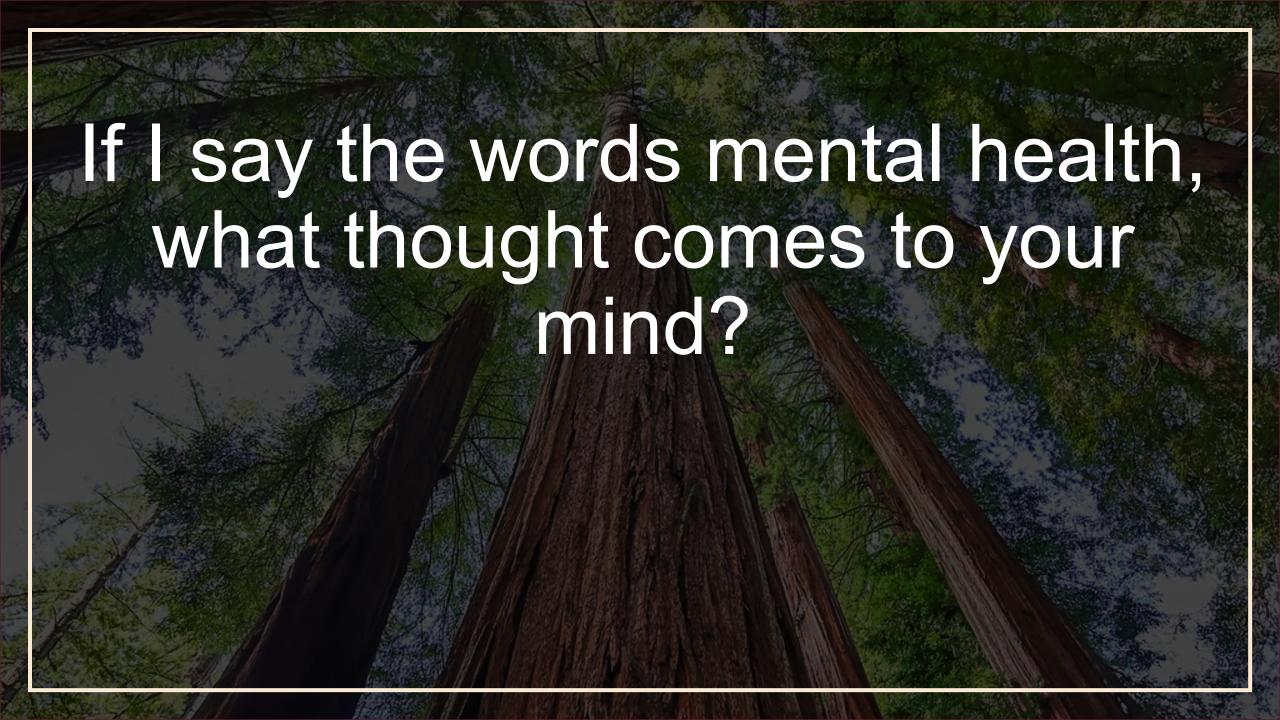
- Construction related fatalities = 1,008 or
 9.5 per 100,000
- Construction & mining/extraction deaths by suicide = 5,000 or 49.4 per 100,000

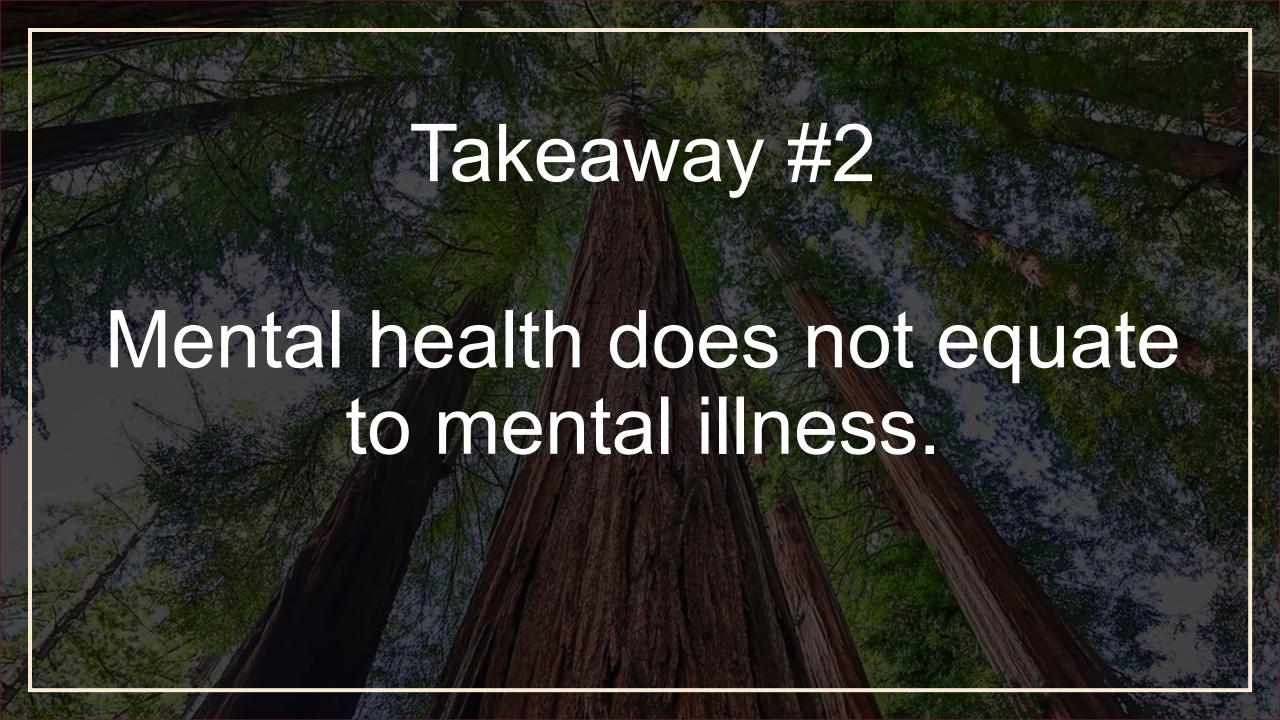
• Stats

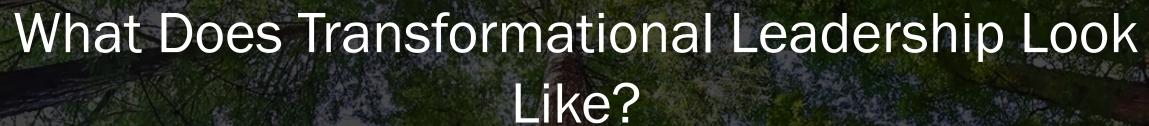
- Today, 2 to 3 workers will die from work related fatalities.
- Today, 10 to 15 construction workers will die by suicide

 Takeaway #1 People do not commit suicide You should never say that John committed suicide

Why?







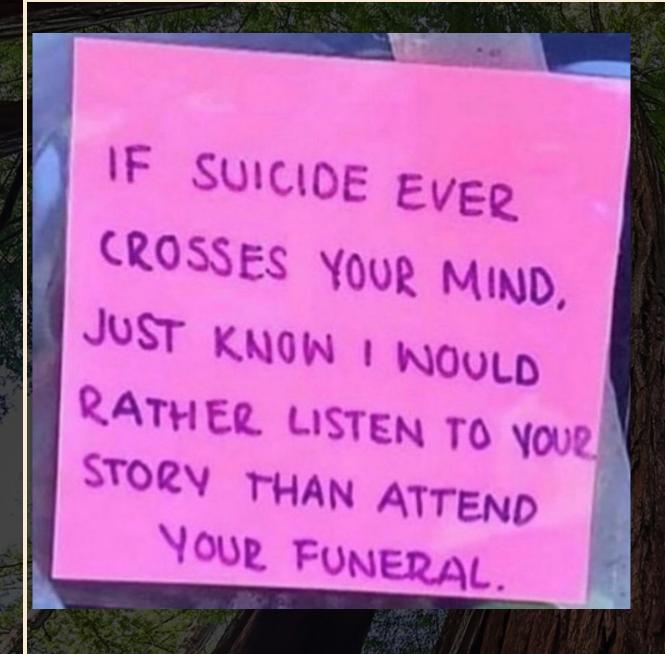
Safety Day
January 3, 2022

Ajax Paving
Industries of Florida, LLC
The Future
is Riding on AJAX:



March 2, 2022 – Women of Asphalt Webinar, Hafeli & Cal Byers

"I just wanted to thank you for sharing your story. In my life I have had family members that attempted or succeeded in suicide. I even saved my own mother from it as a teenager. I have thought about it myself. After your talk today I feel less ashamed."





?????, I echo what your sister said. Hang this by your workstation and carry a copy as a reminder. You have my number, Vince

September 5-9 Was Construction Suicide Awareness Week

• Mark, an Area 1 Project Manager, succumbed to Suicide on September 3, 2015. Mark was the office clown and always had the office laughing. Beginning in September of 2022, we will remember Mark each September. Take care of your family and coworkers and pay attention to warning signs.



Takeaway 3 - Warning Signs

- Conversations about feeling hopeless
- I feel like a burden to others
- Mood swings
- Increased use of alcohol or drugs
- Offering to give you their tools
- Not hanging with the crew like they used to
- Military Veterans

If You Have Concerns - ASK

- Do not be afraid to ask have you thought about suicide
 - If the answer is yes
- Ask them if they have though about how they would take their life
 - If the answer is yes
- Ask them if they have the means

If You Have Concerns

- Ask them if they would like for you to help them call someone
 - 988 is the national suicide hotline
 - What about your employee assistance program
 - Pastor

While not construction related, let's look at our youth – "our future"

- Since 2008, teen suicide is up 150%
- 19% of high school students consider suicide
- 16% make plans to die by suicide
- 10% attempt suicide

- In 2020, 45,979 in the US died by suicide
- Nationally
 - During this presentation 5 have died by suicide – one person every 11 minutes
 - Today while at this conference, 44 will die by suicide
 - Today in our industry, at a minimum we will lose a worker to suicide every 2 hours

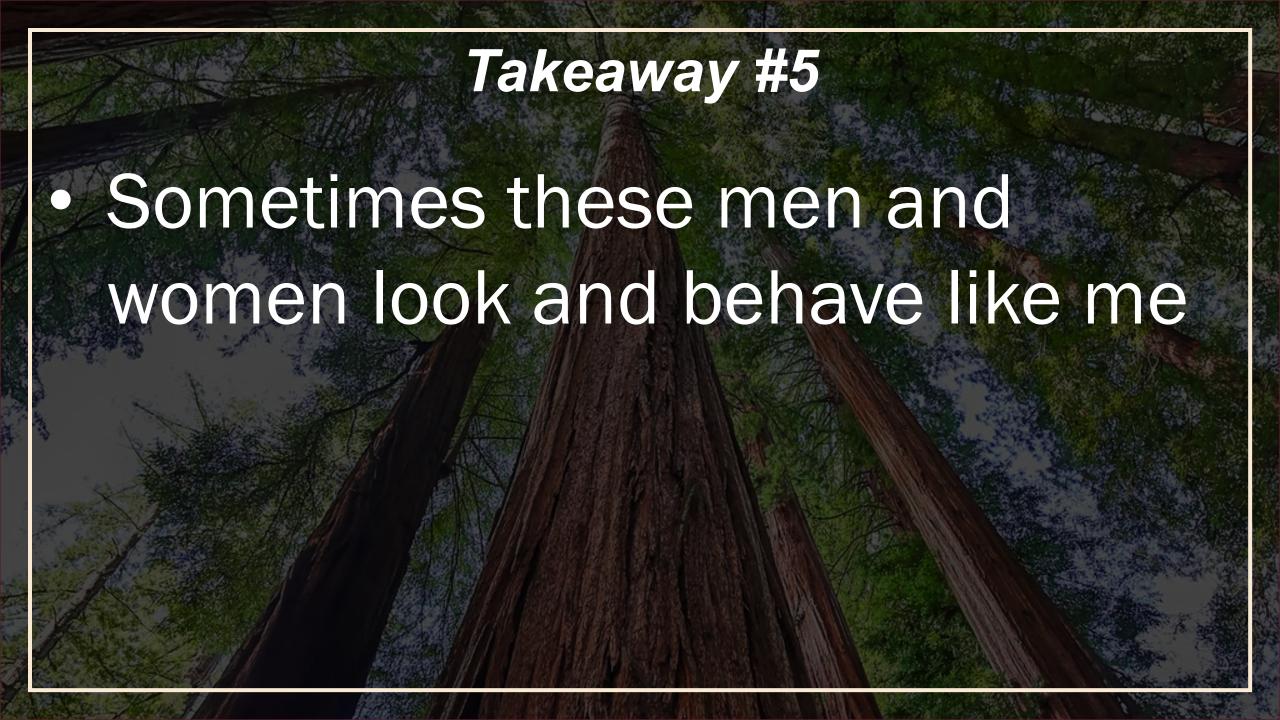
During my career*

- We have lost approximately 38,000 workers from job related fatalities
- We have lost approximately 190,000 to suicide

*Numbers are approximated using 2020 stats

Takeaway #4

- How do we address it?
 - We have more days like today
 - We encourage organizational leaders to address the topic
 - Safety day meetings, daily huddles, tool box talks, association board meetings, just be open to the discussion









Where do I begin?

- 1. Leadership supports the cause
- 2. Commit to 4 toolbox talks annually
- 3. Safety stand down September
 - 4 8; national suicide awareness week in construction
- 4. Purchase hard hat stickers and posters with 988 and other support #'s

