

Training:

Sign up for trainings at www.swmsctf.org or check schedules at www.fsstools.com. Carpenters have First Aid/CPR on May 15th, MEWP on the 17th, and MEWP on the 31st in Portland and Tangent. Tapers have First Aid/CPR on May 19th. You can find your training records at www.fsstools.com under the training records tab, please check what you need and sign up for classes if you need to refresh your training.

Suicide Prevention:

In the US over 49,000 people died of suicide in 2023, that's about 1 death every eleven minutes. 56 out of 100,000 construction workers died compared to 32 out of 100,000 in the general population. Part of the reason construction suicides are so high is because 90 percent of construction workers are male, a demographic with a high risk for suicide in general, and over 15 percent of construction workers are veterans who have a 50 percent higher risk of suicide than the general population.

Other reasons construction workers may be at higher risk is that construction workers tend to be more individualistic and socially isolated. This leads to reluctance to ask for help, even in times of stress. Some other factors include:

- Financial insecurity because we're not always working.
- Limited control over our schedules.
- A fragmented sense of community because of frequent job changes.
- Exhaustion from long and odd work hours.
- Poor sleep patterns, and sleep deprivation.

Physically demanding work not only increases stress on the body but may lead to overuse of drugs to alleviate chronic pain.

All this may sound bad, but we can counteract the bad news by making more positive choices. We can support one another by listening, offering support and asking questions as simple as "Are you OK?"

A few positive changes you can make may include:

- Choosing healthier behaviors, like going for a walk or talking to a friend instead of pouring a drink.
- Shifting your mindset to a growth mindset. Using your talents and abilities to help others and yourself.
- Managing your emotions by recognizing all emotions as normal and choosing how you react to situations when your emotions get away from you.
- Learning to say no. Don't get over committed.
- Making better choices about what you eat and drink, getting good rest and exercise.

These changes may be helpful, but if you find yourself in crisis, immediately reach out for help. Call a friend and tell them how you're feeling. Call the suicide prevention line at 988 for professional help. Don't let yourself believe that no one cares. Remember you're important, and even if it's hard right now, you staying alive makes a positive difference in the world.

Innovation rewards:

Your innovations can make a difference, so when ideas hit, let us know. Innovation rewards are based on the innovation and whether we adopt it into regular use. If you come up with a great idea, let your foreman know and we'll test it out.

Submit your toolbox talk report by clicking on this link: <https://www.fsstools.com/blank-10>

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