

AGC MA

OPIOID STAND DOWN PLANNING KIT



together we
can
stop
this deadly
epidemic

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Associated General Contractors of Massachusetts Stand-Down to Fight Opioid Use in Construction – June 5, 2019 Talking Points

The Opioid Awareness Stand Down will take place June 5, 2019. The goal of the Stand-Down is ... "raising awareness, providing resources and reducing the stigma involved with opioid use. We want to raise awareness so we can prevent unintentional overdoses.

The number of unintentional overdoses due to the nonmedical use of drugs or alcohol while at work increased by 25 percent – the fifth consecutive year overdose deaths rose by at least 25 percent. Last year BLS recorded 272 workplace deaths caused by Unintentional Overdose equating to 5% of the total.

The Stand-Down is an opportunity for employers to have a conversation with you about Opioid addiction, use, and overdose prevention and the company/union's safety policies and goals. It can also be an opportunity for you to talk to your peers and/or management about the hazards you see.

Over the past few years, tens of thousands of companies participated in various Stand-Downs reaching millions of employees across all 50 states and internationally! By continuing to reach millions of employees with specific Stand Down topics, it is our hope to decrease the number of fatalities and injuries related that are recorded each year.

Participation is not limited to the construction industry, and no business is too small to participate. Many non-construction employers are holding Stand-Downs.

Partners:

How to help: Partners can help in many different ways, including: hosting or organizing public Stand-Down events, encouraging organization members to participate, sending Stand-Down information by email or in newsletters, providing Stand-Down resources to members or stakeholders, contacting local media to share Stand-Down events or success stories. If you have other ideas for ways to help please contact Chris Ziegler at ziegler@agcmass.org

Associations, Unions, Worker Interest Organizations: Associations/Unions/Organizations can help OSHA get the word out to all of their members via email or in newsletters, by posting information on their websites, and by talking about the Stand-Down at meetings, trainings, or events. Groups may also be able to personalize Stand-Down posters and training resources for members to use.

Institutes/Training Centers: Many groups that provide training have offered special free or discounted training – both in person and online – during the Stand-Down week or month in the past. This is a great way to help!

Employers as Partners: Some ways that large employers have helped include by getting their entire workforce involved across the country and internationally. Employers can push out information, ideas and suggestions for how to hold a stand-down to all of their offices. Some large employers have also hosted or co-hosted Stand-Down events, including events that are open to the public.

Materials Suppliers: Materials suppliers can help get the word out and remind employers to consider the hazards created by drug use in the workplace. One idea might be to include fliers about the Stand-Down with construction materials orders.

Insurance Companies: Insurance companies know that preventing addiction saves lives – and saves money. Insurance companies can help get the word out about the Stand-Down through newsletters or emails to customers.

Associated General Contractors of Massachusetts Stand-Down to Fight Opioid Use in Construction – June 5, 2019

Talking Points (cont')

Employers:

Any company can join this year's Stand-Down effort. Companies may participate by providing a focused toolbox talk on a safety topic such as recognizing the signs and symptoms of opioid addiction, identify local resources available to employees, what is naloxone use and how to respond to an overdose. Companies can also attend or host public events, watch a safety video or create a video of their own to share with employees. In past Stand-Downs several companies participated in a safety poster contest and others shared real-life stories of addiction successes and lessons learned. The important thing is to do something to increase job safety awareness.

Resources:

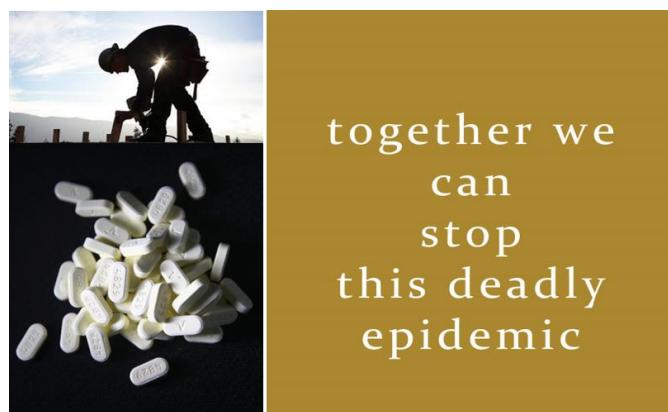
AGC MA has posted FREE resources on the Opioid Stand-Down webpage to provide a menu of options for employers. Resources include links to supportive websites, fact sheets, safety and HR manuals, posters, videos and instructions on how to conduct a Stand-Down.

Connect online:

Partners and employers can follow AGC MA on @AGCofMA and tweet a message about fall prevention with #StandDown4OpioidAwareness and #24/7SafetyChallenge. Employers can also connect with employees on their phones, and text or email them messages about opioid awareness.

Stand-Down Coordinators:

Need help with your Stand-Down? Stand-Down Coordinators can work with you to help make your stand-down a successful, coordinated event.



**Associated General Contractors of Massachusetts Stand-Down
to Fight Opioid Use in Construction – June 5, 2019
Checklist for a Successful Stand- Down**

Well in advance of the Stand Down, make time to meet and review the information below with each Stand Down leader/presenter and communicate with the leadership of each participating project team and contractor about the Stand Down.

1. Review all Stand Down materials:

- A. Discuss the best approach to promote worker engagement and interest on this important topic.
- B. Preview the information and tool box talk at the AGC website online as well as review the material linked below:
 - i. **The link to: <http://www.agcmass.org/agc-ma-opioid-use-prevention-resource-page>**
 - ii. Encourage presenters to rehearse out loud/do a dry run with mics and visual aids.
- C. A list of presentation materials you shall receive is as follows:
 - i. **Power Point Presentation on Opioid Awareness and Prevention**
 - ii. **Presenters notes to summarize and highlight the power point presentation.**
 - 1. This will make it easier to present the PPT information in a stand down format.
 - 2. Larger projects may want to utilize this format to get the message across.
 - iii. **Tool box talk on Opioid Awareness**
 - 1. Smaller projects may want to utilize this to present to smaller projects.
 - 2. This can also be used as a tool box talk to distribute across a project to review at a later date.
 - iv. **Sign in Sheet**

2. Communicate the Stand Down Details:

- A. Coordinate with project leadership regarding their plans for the Stand Down.
- B. Determine how the stand down will be advertised at the project level?
 - i. Will information posters be created and advertised?
- C. Invite trades partners, contractors and owners to participate in the project stand down.
- D. Understand the critical importance of everyone being able to *see and hear* the presenter(s) and any presentation materials.
- E. Utilize more than a speaker to send the message. Visual aids and hand outs are a great way to re-emphasize the point.

3. Document the Stand Down

We encourage each project team to take photos or short movie clips of the stand down to document with sign in sheets. Please share all photos or movies on Twitter and tag AGC MA @AGCofMA using hashtags #StandDown4OpioidAwareness and #24/7SafetyChallenge

4. Questions or Comments

- A. If there are any questions please reach out to:
Chris Ziegler | Ziegler@agcmass.org or Brendan Carter | Carter@agcmass.org



**Associated General Contractors of Massachusetts Stand-Down
to Fight Opioid Use in Construction – June 5, 2019
Partner Invitation to Participate**

Company Date

Name

Partner

Address

RE: 2019 Opioid Awareness and Prevention Stand-Down

Dear Partner,

On **June 5, 2019** the AGC will hold our Safety Stand-Down on *Opioid Awareness and Prevention*, suspending work on our projects in Boston *and around Massachusetts* to engage our people, workers, and partners on this important topic.

This “safety stand down” is a time when we take time out from our daily tasks to gather and review this reflect on the topic of Opioid Awareness and Prevention.

Join Us

At the NAME OF PROJECT site, we will gather for our Stand-Down at TIME, LOCATION. We would love to have you there.

Your attendance and participation will help set the tone for the Stand-Down and demonstrate your and your firm’s commitment to raising awareness on this epidemic. **Please connect/coordinate with the Company project manager on your project if you’d like to take part.**

Very truly yours,
Company Name

FIRST, LAST
TITLE

**Associated General Contractors of Massachusetts Stand-Down
to Fight Opioid Use in Construction – June 5, 2019
Script Guideline**

- Hi, my name is ____ and I am a *safety officer/Corporate Safety Director/*, etc.] with [Name of Company.].
- I/We want to thank Associated General Contractors of Massachusetts for partnering with us and coordinating the Opioid Stand-Down event today. This week, across the Massachusetts, employers and employees [like you] are voluntarily stopping work to focus on a safety challenge that is 24 hours a day and seven days a week (24/7). Thank you for recognizing this vital safety issue by standing down with us today.
- This is our inaugural Safety Stand-Down with the goal of raising awareness, providing resources and reducing the stigma involved with Opioid use. We want to raise awareness so we can prevent unintentional overdoses.
- In October 2017, the President declared the opioid overdose epidemic to be a public health emergency because according to the Center for Disease Control there were 49,000 opioid overdose deaths in 2017.
- According to Massachusetts Department of Public Health report; Opioid-related death rate in construction and extraction occupation was six times the average rate for all Massachusetts workers. Construction and extraction workers accounted for more than 24% of all opioid-related deaths among the working population.
- Today and all week is an opportunity for your employers to have a conversation with you about Opioid addiction, use, and overdose prevention and the company/union's safety policies and goals. It can also be an opportunity for you to talk to your peers and/or management about the hazards you see.
- So, why are we having a Stand-Down? Well, the reason is simple ... they can make a difference. "The scourge of opioid addiction unfortunately continues to take its toll on workers across the country, demonstrating the importance of this Administration's efforts to tackle this crisis." said Loren Sweatt, Acting Assistant Secretary for the Occupational Safety and Health Administration (OSHA).
- The number of unintentional overdoses due to the nonmedical use of drugs or alcohol while at work increased by 25 percent – the fifth consecutive year overdose deaths rose by at least 25 percent. Last year BLS recorded 272 workplace deaths caused by Unintentional Overdose equating to 5% of the total.
- This Stand-Down, and others like it around the commonwealth, is an opportunity for employers and employees to focus on the opioid crisis, ways to prevent unintentional overdoses and what to do in the event of an overdose. It is also an opportunity to address other company safety policies, goals and expectations. It is all about protecting the company's most valuable asset ... YOU!
- At the end of each workday, we not only want you to return home to your families the same way you left them each morning but we want you to return to your next shift as healthier than before...this is our 24/7 safety and health challenge and we can't do it without you!
- Again, thank you for your partnership on this issue and for standing down to raise awareness of the opioid crisis today.

**Associated General Contractors of Massachusetts Stand-Down
to Fight Opioid Use in Construction – June 5, 2019**

**Preventing Unintentional Opioid Overdose
Toolbox Talk**

Know the Signs and Save a Life with Opioid Overdose Basics

Prescription opioids (like hydrocodone, oxycodone, and morphine) and illicit opioids (like heroin and illegally made fentanyl) are powerful drugs that have a risk of a potentially fatal overdose. Anyone who uses opioids can experience an overdose, but certain factors may increase risk including but not limited to:

- Combining opioids with alcohol or certain other drugs
- Taking high daily dosages of prescription opioids
- Taking more opioids than prescribed
- Taking illicit or illegal opioids, like heroin or illicitly-manufactured fentanyl, that could possibly contain unknown or harmful substances
- Certain medical conditions, such as sleep apnea, or reduced kidney or liver function
- Age greater than 65 years old

Death from an opioid overdose happens when too much of the drug overwhelms the brain and interrupts the body's natural drive to breathe.

Learn more about opioids to protect yourself and your loved ones from opioid abuse, addiction, and overdose: www.cdc.gov/drugoverdose

PREVENTING AN OPIOID OVERDOSE

Signs and Symptoms of an Opioid Overdose

During an overdose, breathing can be dangerously slowed or stopped, causing brain damage or death. It's important to recognize the signs and act fast. Signs include:

Small, constricted “pinpoint pupils”
Falling asleep or loss of consciousness
Slow, shallow breathing
Choking or gurgling sounds
Limp body
Pale, blue, or cold skin

What To Do If You Think Someone Is Overdosing

It may be hard to tell if a person is high or experiencing an overdose. If you aren't sure, it's best to treat it like an overdose— you could save a life.

- 1- Call 911 immediately.
- 2- Administer naloxone, if available.
- 3- Try to keep the person awake and breathing.
- 4- Lay the person on their side to prevent choking.
- 5- Stay with him or her until emergency workers arrive.

**Associated General Contractors of Massachusetts Stand-Down
to Fight Opioid Use in Construction – June 5, 2019**
Preventing Unintentional Opioid Overdose
Available Resources



The Substance Abuse and Mental Health Services Administration (SAMHSA) is the agency within the U.S. Department of Health and Human Services that leads public health efforts to advance the behavioral health of the nation. SAMHSA's mission is to reduce the impact of substance abuse and mental illness on America's communities

<https://www.samhsa.gov/about-us>

**Ask your doctor about
Naloxone**

A safe medication that can quickly stop an opioid overdose. It can be injected into the muscle or sprayed into the nose to rapidly block the effects of the opioid on the body.

Get Help

Suicide prevention lifeline ☎
1-800-273-TALK (8255)

Free and confidential support for people in distress, 24/7.

National Helpline
1-800-662-HELP (4357)

Treatment referral and information, 24/7.

Disaster Distress Helpline
1-800-985-5990

Immediate crisis counseling related to disasters, 24/7.



BOSTON PUBLIC HEALTH COMMISSION

[HOME](#) > [WHAT WE DO BY TOPIC](#) > [RECOVERY SERVICES](#) > [PREVENTION](#) > OVERDOSE PREVENTION

NEW TRAINING OPPORTUNITY!

ONLINE OVERDOSE PREVENTION TRAINING

Learn about the opioid epidemic and how to recognize and respond to an overdose by taking this **free online course**.

[Click here to get started](#)

2019 National Safety Stand-Down May 6-10



NATIONAL SAFETY STAND-DOWN
TO PREVENT FALLS IN CONSTRUCTION

MAY 6-10, 2019

Stop Falls Stand-Down

- Plan a toolbox talk or other safety activity
- Take a break to talk about how to prevent falls
- Provide training for all workers

For more information:
www.osha.gov/StopFallsStandDown
#StandDown4Safety • (800) 321-OSHA (6742)

U.S. Department of Labor OSHA Occupational Safety and Health Administration CDC NIOSH NMSI Safety Pays. Falls Cost.

After adding more than 50,000 jobs in January alone, the construction industry shows no signs of slowing down. As more people join the workforce, our commitment to worker safety is even more important. Although falls from heights decreased from 2016 to 2017 according to BLS data, falls are still the leading cause of death in the construction industry – they can and should be prevented.

Addressing falls in construction is the reason why each year, the Occupational Safety and Health Administration (OSHA) holds a National Safety Stand-Down to prevent Falls in the Construction industry. OSHA encourages employers to take a break to focus on safety concerns surrounding falls from elevation. Stand-down events provide employers and workers the opportunity to talk about hazards, protective methods, and the company's safety and health programs, goals, and expectations.

Last year, thousands of worksites participated in the campaign and the Stand-Down event reached over a million workers. OSHA invites employers to dedicate themselves yet again to the safety of their most valuable resource: their workers.

OSHA's Stand-Down [webpage](#) offers information on conducting a successful event, and educational resources. Employers are encouraged to provide feedback after their events, and to obtain a personalized certificate of participation.

The National Safety Stand-Down is a joint effort between [OSHA](#), the [National Institute for Occupational Safety and Health](#), and [CPWR – The Center for Construction Research and Training](#).

To learn how you can participate in the Stand-Down, visit www.osha.gov/StopFallsStandDown.

**Associated General Contractors of Massachusetts Stand-Down
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From 1999 to 2017, almost 400,000 Americans have died from an opioid overdose (including Rx and illicit opioids).



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