

## TOOLBOX TALK

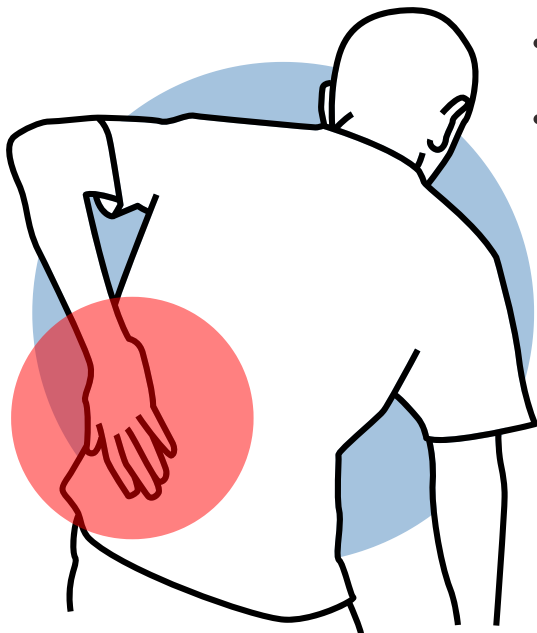
# PAIN MANAGEMENT

### EVER GONE TO WORK EVEN THOUGH YOU'RE HURTING?

We have all done it! Working our way through the pain because we don't want to miss out on pay, appear unreliable, or be labeled the weak person on the crew. But ultimately, are we doing more harm than good by powering through?

### FACTS ABOUT PAIN & CONSTRUCTION

- 40% of construction workers over 50 have chronic back pain
- Muscle-skeletal injuries are associated with contributing to the prevalence of chronic pain in many construction workers
- Muscle-skeletal injuries are soft tissue injuries caused by sudden or sustained exposure to force, repetitive motion, vibration, and awkward positions
- In 2017 and 2018, approximately 2000 construction workers were interviewed and 10.6% said pain was prevalent to them in the last 24 hours
- Studies have found that Construction Workers are 6 to 7 times more likely to die of opioid overdose than workers in other professions



### ADVERSE AFFECTS OF CHRONIC PAIN IN THE WORKFORCE

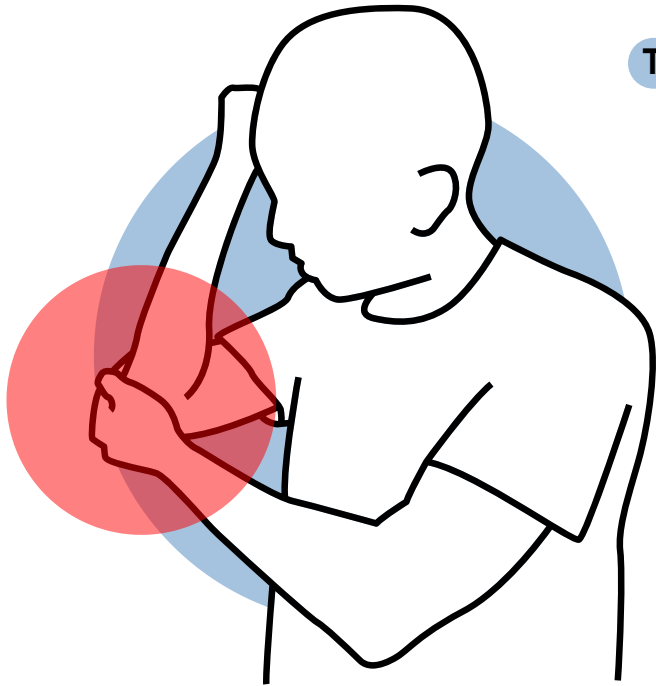
- SLEEP DEPRIVATION
- INCREASED MEDICAL COSTS ASSOCIATED WITH PAIN MANAGEMENT
- ANXIETY & DEPRESSION
- SUBSTANCE & ALCOHOL ABUSE
- DECREASED PRODUCTIVITY
- TARDINESS & ABSENTEEISM
- INCREASE RISK OF SUICIDE
- RESTRICTED WORK ACTIVITIES
- DECREASED QUALITY OF LIFE
- LOSS OF CONCENTRATION & PRESENTEEISM

### FOR MORE INFORMATION

[pttc.edu/mental-health-and-wellness](http://pttc.edu/mental-health-and-wellness)

If you see this 393 Peer Supporter hard hat sticker it means the individual has received training and is a safe person to confide in.





## TREATMENTS & RESOURCES

- Physical or Occupational Therapy
- Chiropractic Manipulation
- TENS Treatment (Electrical Nerve Stimulation)
- Non-Opioid Drugs, Topical Ointments & Steroid Injections
- Medical Devices
  - Braces
  - Support
  - Other Wearables
- Nerve Ablations or Minor Medical Procedures
- Pain Specialist
- Early Treatment of Injuries
  - Seek medical help in a timely manner
  - Not dismissing job injuries
  - Not reporting injuries or seeking medical attention
- Seeking Professional Counseling

## KEYPOINTS

Our physical health and mental health go hand in hand. Therefore, how we feel physically can greatly affect our mental health.

Construction workers are prone to work-related injuries and chronic pain. Failure to seek help in a timely manner increases the risk of additional injuries and the development of mental health issues like depression, anxiety and suicide (Harvard School of Public Health).



If you or someone you know is struggling with suicidal ideation, call or text 24/7 to get support.

## REFERENCES

- The Center for Construction Research & Training
- Harvard School of Public Health

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