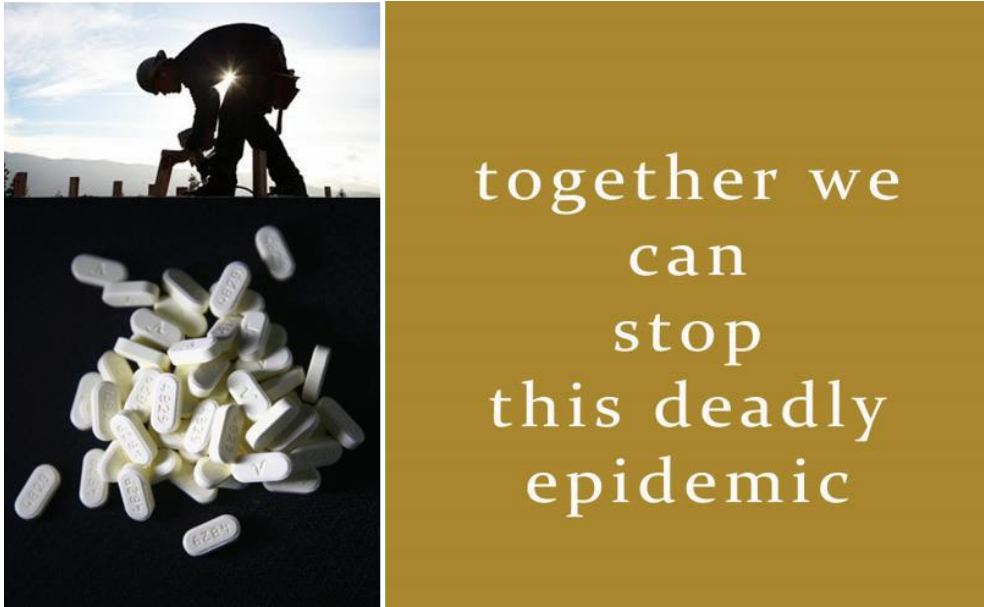




OPIOID STAND DOWN STAND DOWN KIT & SAFETY MANUAL



Contents:

- Stand Down Talking Points p.1
- Checklist for a Successful Stand- Down p.3
- Partner Invitation to Participate Template p.4
- Script Guideline p.5
- Toolbox Talk p.6
- Available Resources p.7



Talking Points

The Opioid Awareness Stand Down will take place during the week of October 28 – November 1, 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 John Butts at jbutts@ctconstruction.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 work place. 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.

Employers:

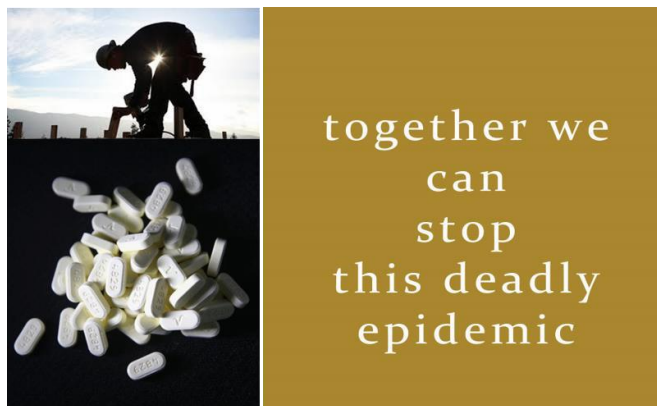
Any company can join this year's Stand-Down effort. Companies may participate by providing a focused toolbox talk on a safety topic such as recognizing the signs and symptoms of opioid addiction, identify local resources available to employees, what is naloxone use and how to respond to an overdose. 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:

On its resource page, CCIA has posted links to FREE resources on the AGC of Massachusetts 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 CCIA on @CCIA_info and tweet a message with #StandDown4OpioidAwareness and #24/7SafetyChallenge. Employers can also connect with employees on their phones, and text or email them messages about opioid awareness.





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 of Massachusetts Opioid Use Resource Page** website online as well as review the material linked below:
 - i. The link to: https://www.agcmass.org/55111-2/?fl_builder
 - ii. Encourage presenters to rehearse out loud/do a dry run with mics and visual aids.
- C. A list of materials you may use are:
 - i. [Opioid Stand Down Planning Kit](#);
 - ii. [Opioid Stand Down Social Media Tip Sheet](#);
 - iii. [Opioid Use Prevention PPT Presentation Template](#);
 - iv. [Preventing an Overdose Tip Card](#);
 - v. [Naloxone \(NARCAN\) Fact Sheet](#);
 - vi. [Opioids Hazard Alert](#);
 - vii. [Toolbox Talk – Chris’s Story](#)

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 @CCIA_info using hashtags #StandDown4OpioidAwareness and #24/7SafetyChallenge

4. Questions or Comments

- A. If there are any questions please reach out to: John Butts at jbutts@ctconstruction.org



Sample Partner Invitation to Participate

Company Date
Name
Partner
Address

RE: 2019 Opioid Awareness and Prevention Stand-Down

Dear Partner,

During the week of October 28 through November 1, 2019, the Connecticut Construction Industries Association will hold our Safety Stand-Down on *Opioid Awareness and Prevention*, suspending work on our projects in Connecticut 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



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 the Connecticut Construction Industries Association for partnering with us and coordinating the Opioid Stand-Down event today. This week, across Connecticut, 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 2017, there were 955 overdose deaths involving opioids in Connecticut – a rate of 27.7 deaths per 100,000 persons, which is twice as high as the national rate of 14.6 deaths per 100,000.
- A 2017 study revealed that construction workers are among the most susceptible to opioid abuse, second only to food service industry employees.
- 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 goal of the Stand Down is to create awareness, provide resources, and reduce the stigma involved with opioid use. In the end, our ultimate goal is to prevent deaths from 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.
- This Stand-Down, and others like it around the state, 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.



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.



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.

For Addiction Treatment 24/7

1-800-563-4086

(Includes detox and treatment for prescription opioids and heroin addiction)



From 1999 to 2017, almost 400,000 Americans have died from an opioid overdose (including Rx and illicit opioids).



together we
can
stop
this deadly
epidemic