



STRESS IN CONSTRUCTION POCKET GUIDE

WHAT CAN THE IMPACTS OF STRESS BE IF LEFT UNCHECKED?

- High absenteeism
- Drug use
- Alcoholism
- Suicide

HOW CAN YOU HELP YOURSELF AND YOUR COLLEAGUES SUFFERING FROM STRESS?



Use toolbox talks as a way to discuss stress points on-site 'clear the air.'



Take action early, before things become worse.



Conduct regular reviews of workloads and job allocations.



Check in regularly with other teams on the same project - this reduces miscommunications.



Have rigorous and clear frameworks for communicating expectations around budgets, timelines, etc.



Get involved in decision making and empower employees and colleagues.

In an emergency dial 111 if you think they, you or someone else is at risk of harm.

- **Lifeline** 0800 543 354
- **Youthline** 0800 376 633
- **Samaritans** 0800 726 666
- **Mates in Construction** 0800 111 315

WHAT IS STRESS?

Stress is a feeling of being overwhelmed or unable to cope with specific mental events. Stress is our body's response to physical or emotional pressure.

Many different situations or life events can cause stress. It is often triggered when we experience something new, unexpected or that threatens our sense of self, or when we feel we have little control over a situation.

When we encounter stress, our body produces stress hormones that trigger a fight or flight response and activate our immune system. This helps us respond quickly to dangerous situations.

WHAT CAUSES STRESS IN CONSTRUCTION?



Time pressures, unrealistic budgets and timeframes.



Volumes of work
'how am I going to get all this work done in such a small amount of time?'



Lack of teamwork, operating in silos.



Questionable ethics
'he asked me to inflate the bill.'



Poor communication and collaboration.



Cognitive ability
'do I have the skills to do this, am I qualified enough?'

WHAT ARE THE SIGNS OF STRESS?

PSYCHOLOGICAL

BEHAVIOURAL

COGNITIVE

➤ Burnout

➤ Fatigue

➤ Depression

➤ Job dissatisfaction

➤ Poor concentration

➤ Emotional distress

➤ Anxiety

➤ Low self-esteem

➤ Poor sleep

➤ Poor decision-making