



TOOLBOX TALK



MENTAL HEALTH ON CONSTRUCTION SITES

Mental health isn't just a personal issue — it affects safety, performance, and how well a team handles risk. Poor mental health raises the chance of mistakes, accidents, and unsafe behaviours. In construction, where the margin for error is small, this link becomes critical.



1. Why is mental health as important as physical safety on site?
2. What are some common causes of stress or fatigue in construction work?
3. How can poor mental health increase the risk of accidents?

WARNING SIGNS



Difficulty
Concentrating



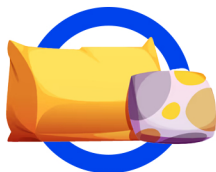
Uncharacteristic
Mood Changes



Decline in Quality
of Work



Increased Safety
Incidents



Sleep Disturbance
and Fatigue



Mentioning
Hopelessness

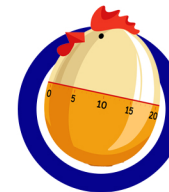
If these appear, take them seriously, they can be early indicators of rising risk to both person and project.

STRESS AND RISK FACTORS



UNREALISTIC WORKLOAD

Pressure leads
to shortcuts



LONG SHIFTS

tiredness weakens
judgment



JOB INSECURITY

Outside stress
affects focus



POOR COMMUNICATION

Tension causes
unsafe acts



PHYSICAL STRAIN

Injury impacts mindset



LACK OF SUPPORT

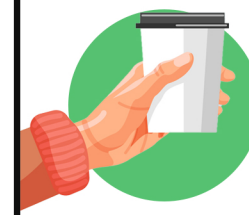
People conceal
their struggles

MITIGATE MENTAL HEALTH RISK

TAKE YOUR BREAKS



Working long hours
without a break
increases stress and
accidents. Use your rest
periods to reset



LOOK OUT FOR YOUR TEAM



Check in with your
co-worker, We all have
tough days; sometimes
just listening can make
a big difference.



LEARN THE SIGNS



Take part in training
about stress,
mental health first aid,
or suicide awareness.





All attendees should sign the register to confirm their attendance.



CAIRNMEAD

REGISTER

[illegible]