

## Construction workers face a concerning rate of suicide deaths

## **Description**

Construction Worker Shares Story of Overcoming Mental Health Crisis in High-Stress Industry

Justin Azbill, a safety director for a construction firm, recently shared his story of almost taking his own life in a bid to raise **awareness** about the **mental health** challenges faced by construction workers. Azbill's experience of struggling with **overwhelming pressure** and stress at work during the **pandemic** highlights the need for greater **support** and understanding in the industry.

Azbill, who has been traveling to construction sites across the country to share his story, **emphasized** the importance of breaking the **stigma** around **mental health** in the construction industry. He mentioned that many workers feel hesitant to seek help due to fears of being labeled as weak, but he believes that open conversations about **mental health** are crucial for promoting well-being.

The construction industry has one of the highest **suicide rates** among professions, with male construction workers facing a 75% higher risk compared to the general population. Despite the increasing demand for construction workers and the industry's rapid growth, the **mental health** of workers is often overlooked.

Efforts to address **mental health** issues in the industry include creating safe spaces on worksites for workers to seek **support**, as well as offering training and resources for employers to address **mental health** concerns. Companies like Bechtel have invested in industry-specific **mental health** programs to reach construction workers and raise **awareness** about **mental health** issues.

As the construction industry **grapples** with a shortage of workers and the pressures of demanding projects, prioritizing **mental health** and providing **support** for workers facing challenges is crucial. The stories of individuals like Azbill and others serve as a reminder of the importance of prioritizing **mental health** in high-stress work environments.

#### **Vocabulary List**

- 1. **Overwhelming pressure** /?o?v?r?w?lm?? ?pr???r/ (noun): Extreme stress and strain.
- 2. **Pandemic** /pæn?d?m?k/ (noun): A global outbreak of a disease.
- 3. **Emphasized** /??mf??sa?zd/ (verb): Stressed or highlighted.
- 4. **Stigma** /?st??m?/ (noun): A mark of disgrace associated with a particular circumstance, quality, or person.
- 5. **Grapples** /??ræp?lz/ (verb): Struggles or deals with.

# **Vocabulary List:**

1. Crisis /'kraɪ.sɪs/ (noun): A time of intense difficulty or danger.



- 2. Awareness /əˈwεər.nəs/ (noun): Knowledge or perception of a situation or fact.
- 3. **Support** /sə'pɔrt/ (noun/verb): To bear all or part of the weight of; to hold up.
- 4. Suicide /'su:.i.said/ (noun): The intentional act of ending one's own life.
- 5. **Stigma** /'strg.mə/ (noun): A mark of disgrace associated with a particular circumstance or quality.
- 6. Emphasized /'Em.fə,saɪzd/ (verb): To give special importance or prominence to something in speaking or writing.

## **Comprehension Questions**

#### **Multiple Choice**

1. What industry does Justin Azbill work in as a safety director?

Option: Construction

Option: Retail

Option: Technology Option: Healthcare

2. Which term defines extreme stress and strain according to the content?

Option: Pandemic Option: Emphasized

Option: Overwhelming pressure

Option: Stigma

3. What is one of the challenges faced by construction workers as mentioned in the text?

Option: Low salaries

Option: Lack of physical fitness Option: Mental health challenges Option: Long commute times

4. What company is mentioned as investing in industry-specific mental health programs?

Option: Bechtel Option: Google Option: Amazon Option: Apple

5. What percentage higher is the suicide risk for male construction workers compared to the general population?

Option: 50%



Option: 25%
Option: 75%
Option: 100%

6. What is emphasized as crucial for promoting well-being in the construction industry?

Option: Physical exercise

Option: Mental health open conversations

Option: Long work hours

Option: Isolation

### **Answer**

**Multiple Choice:** 1. Construction 2. Overwhelming pressure 3. Mental health challenges 4. Bechtel 5. 75% 6. Mental health open conversations

# Vocabulary quizzes

#### Multiple Choice (Select the Correct answer for each question.)

1. Which industry is known for offering high-end premium products and services?

Option: Technology Option: Fast Food Option: Luxury Option: Textiles

2. What is essential for maintaining mental health during challenging times?

Option: Isolation Option: Support Option: Neglect Option: Denial

3. What process is initiated when a product is found to have safety issues?

Option: Launch
Option: Remodel
Option: Recall
Option: Rebrand

4. Which component is responsible for transferring power from the engine to the wheels in a vehicle?

Option: Brakes
Option: Suspension



Option: Transmission
Option: Steering Wheel

5. What do obstacles and hurdles represent in personal growth?

Option: Achievements Option: Challenges Option: Rewards Option: Complacency

6. What is required to achieve success in any endeavor?

Option: Luck Option: Efforts

Option: Connections
Option: Appearance

7. What is the term for giving special importance or focus to a specific point?

Option: Dismiss Option: Avoid

Option: Emphasize Option: Forget

8. Which aspect related to wellness encompasses emotional psychological and social well-being?

Option: Physical Fitness Option: Mental Health Option: Financial Wealth Option: Career Growth

9. Which term refers to the production of goods using machinery in a factory?

Option: Create Option: Design Option: Build

Option: Manufacture

10. What action is taken when an event is called off and not rescheduled?

Option: Confirmation

Option: Revival

Option: Cancellation
Option: Postponement

Gap-Fill (Fill in the blanks with the correct word from the vocabulary list.)



11. Various	require specific skills and expertise.
12. Education plays a key role in raisi	ng about important issues.
13. Some unethical practices involve	established protocols.
14. During economic downturns comp	panies may resort to to cut costs.
15. Workplaces should provide	for employees to express themselves.
16. Companies seek to improve	through efficient operations.
17. Ongoing	is essential for professional development.
18. Utilizing available	effectively can lead to success.
19. The artist is	for his innovative approach to painting.
20. Technology is constantly	to meet changing needs.
Matching Sentences (Match each definition to the correct word from the vocabulary list.)	



- 21. surrounding mental health can prevent individuals from seeking help.
- 22. The essential function of a car's system is to deliver power to the wheels.
- 23. have a responsibility to provide a safe working environment for their staff.
- 24. Educational can help individuals acquire new skills and knowledge.
- 25. It is important to address underlying rather than just surface problems.
- 26. are essential for maintaining visibility in rainy conditions while driving.
- 27. The consists of the engine and transmission responsible for vehicle propulsion.
- 28. The design elements such as the of a car can enhance its overall look.
- 29. Regular exercise and a balanced diet contribute to overall .
- 30. Success is often a result of persistent and dedication.

### **Answer**

**Multiple Choice:** 1. Luxury 2. Support 3. Recall 4. Transmission 5. Challenges 6. Efforts 7. Emphasize 8. Mental Health 9. Manufacture 10. Cancellation

**Gap-Fill:** 11. Professions 12. Awareness 13. Bypassing 14. Downshifting 15. Safe Spaces 16. Profitability 17. Training 18. Resources 19. Renowned 20. Evolving

**Matching sentence:** 1. Stigma 2. Transmission 3. Employers 4. Programs 5. Issues 6. Windshield wipers 7. Powertrain 8. Exterior trim 9. Well-being 10. Efforts

#### **CATEGORY**

1. Business - LEVEL5

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