



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** /ˈoʊvərwaɪmɪŋ ˈpreʃər/ (noun): Extreme stress and strain.
2. **Pandemic** /pænˈdɛmɪk/ (noun): A global outbreak of a disease.
3. **Emphasized** /ˈɛmfəsaɪzd/ (verb): Stressed or highlighted.
4. **Stigma** /ˈstɪgmə/ (noun): A mark of disgrace associated with a particular circumstance, quality, or person.
5. **Grapples** /ˈgræpəlz/ (verb): Struggles or deals with.

Vocabulary List:

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



2. **Awareness** /ə'weər.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:ɪ.saɪd/ (noun): The intentional act of ending one's own life.
5. **Stigma** /'stɪɡ.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.)



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11. Various _____ require specific skills and expertise.
 12. Education plays a key role in raising _____ about important issues.
 13. Some unethical practices involve _____ established protocols.
 14. During economic downturns companies 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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