

Stress in construction Guide



What is stress?

Stress is the feeling of being overwhelmed or unable to cope with certain experiences. 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.

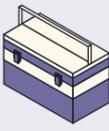
What can the impacts of stress be if left unchecked?

- High absenteeism
- Drug use
- Suicide
- Alcoholism

What causes stress in construction?

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|  <p>Time pressures, unrealistic budgets and timeframes.</p> |  <p>Volumes of work 'how am I going to get all this work done in such a small amount of time?'</p> |  <p>Lack of teamwork, operating in silos.</p> |
|  <p>Questionable ethics 'he asked me to inflate the bill.'</p> |  <p>Poor communication and collaboration.</p> |  <p>Cognitive ability 'do I have the skills to do this, am I qualified enough?'</p> |

How can you help yourself and your colleagues suffering from stress?

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|  <p>Use toolbox talks as a way to discuss stress points on-site 'clear the air.'</p> |  <p>Take action early, before things become worse.</p> |  <p>Conduct regular reviews of workloads and job allocations.</p> |
|  <p>Check in regularly with other teams on the same project - this reduces miscommunications.</p> |  <p>Have rigorous and clear frameworks for communicating expectations around budgets, timelines, etc.</p> |  <p>Get involved in decision making and empower employees and colleagues.</p> |

What are the signs of stress? Psychological Behavioural Cognitive

- Burnout
- Fatigue
- Emotional distress
- Job dissatisfaction
- Poor concentration
- Poor sleep
- Anxiety
- Low self-esteem
- Poor decision-making
- Depression

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

- Lifeline 0800 543 354 (text 4357)
- Samaritans 0800 726 666
- Youthline 0800 376 633
- Mates in Construction 0800 111 315