



OPIOID DEATHS IN CONSTRUCTION

Construction work can result in painful injuries that are sometimes treated with prescription opioids. One in four people prescribed opioids for long-term pain become addicted* and opioid-related deaths are on the rise.

Chris' Story

Chris strained his back after lifting heavy materials. He tried to ignore the pain, but it wouldn't go away. Chris went to the doctor and was prescribed an opioid to treat the pain. The pills reduced the pain, but his back never got better. Chris found that he needed the pills to make it through the day. Eventually, his doctor refused to give him another prescription. Chris went to another doctor and got a new prescription. Over time his job performance and family life began to suffer. Chris went back to his doctor and asked for help. His doctor helped him to find treatment for his opioid addiction. Chris is now in recovery and using a non-addictive treatment for his pain.

Have you known someone addicted to opioids?

If a worker is injured and in pain, what should he or she do to avoid becoming addicted to opioids?

Remember This

- Your employer must provide a safe work environment to prevent injuries. If you see a hazard on the job, report it to your supervisor or foreman.
- Follow safe work practices to prevent injuries, such as getting help when lifting heavy materials.
- If you are injured, talk to your doctor about non-addictive medications or physical therapy to treat the pain.
- Opioids should be the last option, and if prescribed used for the shortest time possible.

- Addiction is an illness that can be treated. Get help if you find you are dependent on pain medication to get through the day.
- Check with your union or employer to find out if they have a program to help, such as an employee assistance program (EAP) or member assistance program (MAP).
- Call this confidential national hotline to find out about treatment options near you 1-800-662-HELP (4357) or go online at <https://resources.facingaddiction.org>.

DID YOU KNOW

- Report hazards to your supervisor or foreman to prevent injuries.
- If you're injured, opioids are the last option. Talk to your doctor about non-addictive medications or other options to treat the pain.
- Need help with addiction? Call this confidential hotline for help: 1-800-662-4357

*Centers for Disease Control & Prevention. Promoting Safer and More Effective Pain Management. https://www.cdc.gov/drugoverdose/pdf/Guidelines_Factsheet-Patients-a.pdf



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