



COVID-19

SAFETY STAND-DOWN WEEK | APRIL 6-10, 2020

Join your fellow Wisconsin contractors for a Safety Stand-Down during the week of April 6-10, 2020 to educate employees on preventing the spread COVID-19 on the job site.



PURPOSE

A Safety Stand-Down is a voluntary event for employers to talk directly to employees about safety. Any workplace can hold a stand-down by taking a break to focus on COVID-19 and reinforcing the importance of the CDC's guidelines.



PARTICIPATION

Assemble the workforce together for 10-15 minutes keeping in mind the CDC's guideline on "social distancing" (min. 6 ft separation). Review the topic agenda and provide time for questions and discussion. To ensure proper "social distancing", you may break up the workforce into multiple groups smaller than 10.



PROMOTION

We encourage you to share your Safety Stand-Down! Please take photos and record participation numbers. Send your email to jeff.roach@agcwi.org. Also share your Stand-Down story on social media, with the hashtag:
#StandDown4Safety.

Protect Yourself & Others!

An agenda and facilitating support materials have been provided to help guide your Stand-Down Program. Contact Brent Miller (brent.miller@agcwi.org) or Jim Falbo (jim.falbo@agcwi.org) with any questions.

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COVID–19 Stand-Down Toolbox Talk #5

Stress and Coping with COVID–19

The outbreak of coronavirus disease 2019 (COVID-19) may be stressful for people. Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and children. Coping with stress will make you, the people you care about, and your community stronger.

Everyone reacts differently to stressful situations. How you respond to the outbreak can depend on your background, the things that make you different from other people, and the community you live in.

Stress during an infectious disease outbreak can include:

- Fear and worry about your own health and the health of your loved ones
- Changes in sleep or eating patterns
- Difficulty sleeping or concentrating
- Worsening of chronic health problems
- Increased use of alcohol, tobacco, or other drugs

Taking care of yourself, your friends, and your family can help you cope with stress. Helping others cope with their stress can also make your community stronger.

Things you can do to support yourself

- Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.
- Take care of your body. Take deep breaths, stretch, or meditate. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep, and avoid alcohol and drugs
- Make time to unwind. Try to do some other activities you enjoy
- Connect with others. Talk with people you trust about your concerns and how you are feeling.

If you, or someone you care about, are feeling overwhelmed with emotions like sadness, depression, or anxiety, or feel like you want to harm yourself or others call:

- 911
- Substance Abuse and Mental Health Services Administration's (SAMHSA's) Disaster Distress Helpline: 1-800-985-5990 or text TalkWithUs to 66746. (TTY 1-800-846-8517)