

Opioid Overview

A Construction Suicide Prevention Partnership Toolbox Talk

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Veterans working in the construction industry are at increased risk for Opioid Use Disorder, a medical diagnosis.

Treatment can work for service members, Veterans and civilians who find themselves misusing or overusing opiates- commonly referred to as Oxycodone, Hydrocodone, Codeine, Fentanyl & Heroin. Opioids - just like alcohol and other substances can be cunning and baffling when they become a problem.

Construction workers are more likely to have on the job injuries and more likely to die by opioid overdose when compared to other industries. For Veterans Opioid misuse is strongly associated with suicidal behaviors.

Review and follow our seven action steps for your coworkers, buddies family members and for yourself!



Opioid Action Steps

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#1 Seek Treatment

If you are struggling or someone you know someone is struggling with opioids. There are various therapies and alternative treatments for pain and addiction.



#2 Learn how to use Naloxone

Learn how to use Naloxone and keep kits readily available at work and home. Keep Naloxone, also known as Narcan can be easily administered to someone showing signs of Opioid overdose. **This can save lives.**



#3 Learn Signs of Overdose

- Loss of consciousness, limp body.
- Slowed breathing, choking.
- Small, "pinpoint" pupils.
- Pale, blue, or cold skin.
- Slowed heart rate.



#4 Have A Safety Prevention Plan

If you or someone you know has thoughts of suicide or self-harm – seek treatment and create a Suicide Prevention Safety Plan with someone you trust.



#5 Safely Dispose of Opioids

Prescribed Opioids can be recycled at your nearest VA medical center and at many local pharmacies.



#6 Use Opioid Sparing Therapies

Numerous studies show that Acetaminophen, Ibuprofen, and alternative health approaches are more effective than opioids for pain management.



#7 Find Support and Access Resources



Call the Oregon Drug & Alcohol at 800-923-4357
24/7/365



Text keyword "**RecoveryNow**" to
839863

Scan the QR Code for Additional Support, Resources, and Toolbox Sources

