



**SAFETY**

Nebraska Building Chapter

## AGC Safety Initiative E-News September 15, 2021

**OUR Safety MISSION:** Help each other enforce safety rules to ensure that every person on construction site goes home safe and healthy at end of the workday.

[COVID-19 Resources Update](#) Updated information with quick references available.

### ALL MEMBER WEBINAR

**Wednesday, September 29 | 9:00am - 10:00am | Virtual | Register by noon on Monday, September 27**

**Self-funding with Stop Loss may be one of the most effective ways employers can influence the rising costs of health care.** Health Insurance Renewal Season is just around the corner--learn about an alternative program that could benefit AGC members and employees.

**PRESENTER:** Luke Hahn, MBA, Health Division Manager, The Hahn Financial Group Inc.

**WHO SHOULD ATTEND:** Owners, CFOs, Benefit Administrators

\*This is a stand-alone plan for members of the chapters; not pooled with other policy holders.

[Click here](#) for more information and to register online.

### GC & SC ROUNDTABLE: Communicating in a Crisis – THIS IS A ‘MUST ATTEND EVENT!’

**Thursday, September 30 | 3:00-5:00 pm | Round the Bend Steakhouse Conference Center, Ashland**

**Register by Tuesday, September 28, 2021**

Thirty years of work destroyed in 30 seconds. This is what can happen if your company or organization mismanages an accident, explosion, strike, or a multitude of other crisis situations. With speaker, Anthony Huey. **This program is appropriate for EVERYONE including management, PMs, Superintendents, Communications, and Safety Professionals.**

In-Person Event. [Click here](#) for more information and to register.

### Emotional Wellbeing During the COVID-19 Outbreak

Infectious disease outbreaks such as COVID-19, as well as other public health events, can cause emotional distress and anxiety. Feeling anxious, confused, overwhelmed or powerless is common during an infectious disease outbreak, especially in the face of a virus with which the general public may be unfamiliar. These feelings of distress and anxiety can occur even if you are not at high risk of getting sick.

#### Coping Tips

- People that are feeling emotional distress related to COVID-19 can take actions to help support themselves and others.
- Set a limit on media consumption, including social media, local or national news.

- Stay active. Make sure to get enough sleep and rest. Stay hydrated and avoid excessive amounts of caffeine or alcohol. Eat healthy foods when possible.
- Connect with loved ones and others who may be experiencing stress about the outbreak. Talk about your feelings and enjoy conversation unrelated to the outbreak.
- Get accurate health information from reputable sources. For health information about COVID-19, please contact the Centers for Disease Control at [cdc.gov](https://www.cdc.gov), your local healthcare provider, or your local 211 and 311 services, if available.
- The national Helpline is available to anyone experiencing emotional distress related to COVID-19. Call 1-800-985-5990 or text TalkWithUs to 66746 to speak to a caring counselor.
- If you're experiencing emotional distress related to COVID-19, please call the [National Suicide Prevention Lifeline](https://www.national suicide prevention lifeline.org) or your [local crisis line](#).
- For coping tools and resources, visit the Lifeline website at [suicidepreventionlifeline.org](https://www.suicidepreventionlifeline.org) or Vibrant Emotional Health's Safe Space at [vibrant.org/safespace](https://vibrant.org/safespace).
- [The National Domestic Violence Hotline](https://www.thehotline.org) has highly trained advocates available 24/7 to ensure services and continue to support survivors.

### **Safety Initiative Goals:**

As an AGC Nebraska Building Chapter member, are you participating with:

- 100% of all AGC members and other contractors on AGC jobsites enforcing OSHA standards as they apply to falls, electrical safety and possible another topic.
- 100% of all AGC members will have set their own company goals to improve safety in their firm and have a way to measure progress towards the goal.
- 100% of all AGC members will encourage and support all contractors on their jobsites to set their own company goals for improving safety.