



2026 Construction Safety Week

A construction insurance industry perspective

Willis Construction

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Working in construction can be dangerous

2023 Bureau of Labor statistics for the construction industry

1,075

construction industry
fatalities during 2022



421

were work-related fatal
falls to a lower level



25%

fatal falls from
a height of
15 feet or less

\$1B

cost per week for serious,
non-fatal injuries in the
construction industry



411

unintentional overdoses among U.S. workers
in 2024 were over **12,600 non-fatal OD**
65% administered Naloxone



97%

of workers have at least one significant
workplace fatigue risk factor, 80% have
two or more.

100%

Number of construction workers who should
go home everyday



Falls to a lower level

What you can do

Report Guardrails that are damaged, missing or improperly installed

Inspect your personal fall protection equipment before each use

Verify anchorage points are approved and properly rated

Understand that retractable lanyards may not prevent swing falls

Use fall protection when working above six feet

Keep both hands free when climbing ladders

Know your fall protection competent person

Report floor unsecured floor openings immediately



Slips, trips and falls on walking surfaces

What you can do

Wear ankle high work boots with non-slip soles

Keep walk paths clean and free of debris, materials and water

Empty trash containers before they become overfilled

Make sure brooms and shovels are available in your workplace

Eliminate or clearly mark tripping hazards

Clean-up all spills immediately

Be aware that bifocals can increase trip and fall risk

Keep project access paths clearly marked and free of hazards



Overexertion from pushing, pulling, lifting and carrying

What you can do

Use mechanical aids to avoid lifting and carrying

Keep work at waist level within the power zone
(knuckle to shoulder height)

Perform warm-up exercises before work and after breaks

Move your feet when lifting and turning — don't twist your torso

Store tools and materials between knuckle and shoulder height

Keep walkways clear so a trip while carrying will not end up being a strain

Carry materials close to your body

Lift in a controlled and stable manner to avoid strains



Vehicle accidents

What you can do

Wear your seat belt whenever your vehicle is moving

Maintain safe following distance; double it in bad weather

Avoid distractions like cell phone, eating or maps

Back into parking spaces whenever possible

Maintain eye contact with pedestrians and spotters

Look left, right then left before entering intersections

Use your lights and signals early to let others know your intentions

Inspect your vehicle daily for tires, lights, mirrors and warning indicators



Trenching and excavation

What you can do

Ensure underground utilities are located and clearly marked

Know the trenching and excavation competent person

Never enter an excavation deeper than four feet without protection

Review the completed daily trench inspection checklist

Verify the correct trench protection system is in place

Ensure all workers clear before equipment begins operating

Report unstable soil conditions or changes immediately

Confirm safe access and egress before entering a trench



Fatigue

What you can do

Understand your sleep, rest and recovery needs

See a medical professional if a medical condition affects your sleep

Look for signs of fatigue in yourself and your coworkers

Take all scheduled breaks and rest when needed

Use the right tool for the job to reduce physical strain

Recognize that heavy meals can increase drowsiness

Stay hydrated; dehydration increases fatigue

Use ride sharing to reduce driving fatigue and commuter stress



Fire during construction

What you can do

Remove trash and combustible materials regularly

Keep a fire extinguisher available and know how to use it

Know exit routes and designated assembly areas

Obtain a hot work permit before welding or cutting

Smoke only in designated areas

Follow rules for flammable liquid storage and transport

Understand the project emergency action plan

Report vandalism and suspicious activity immediately

Mental health/suicide in construction

What can you do

- Reduce the stigma
- Permit yourself to take a break from worries
- Eat right, exercise and good night sleep
- Healthy life choices
- Connection with others is key

**Call or text 988 or chat
[988lifeline.org](https://www.988lifeline.org) for yourself or
if someone you know may need
crisis support.**

Become mental health first aid trained

What can I do?

- Identify signs of distress
- Connect with the person
- Identify a path forward together

What can you do?

- Discuss mental health and suicide
- Use SAVE training IBEAM: www.save.org

Suicide rate in construction is much higher than the national average

57% of construction workers
have experienced
mental health issues

25% (one in four) of US adults
experience some type
of behavioral health
disorder each year



Improve yourself

What you can do

Become a competent person

Do a safety presentation for your work group

Get a construction safety certification

Dress professionally

Communication is the key to safe work. Study, practice and learn how to communicate more effectively

Learn how to have tough conversations with your leadership on safety issues/improvements that need to change

Learn another language and do research on other cultures than your own. Diversity = a safer project

Learn how to see upcoming risks when reading a schedule

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