



Toolbox Talk

Topic: Mental Health & Workplace Stress

Duration: 10–15 minutes

Delivered by:

Date:

Location:

Introduction

Stress is one of the biggest hidden hazards in construction. Long hours, deadlines, and tough working conditions can affect our **mental health** just as much as physical risks affect our bodies.

Unmanaged stress can lead to fatigue, poor concentration, accidents, or long-term illness.

Workplace Stress Hazards at CBS Ltd

From our risk assessment, the main workplace stressors are:

Unique Stressors in the Construction Industry:

- Long Hours
- Potential Hazards
- High-Pressure Deadlines
- Physical Exhaustion
- Job Scarcity



Chartered Safety and Health Professional



Registered Consultant



CORPORATE MEMBER



Member number: A-153147

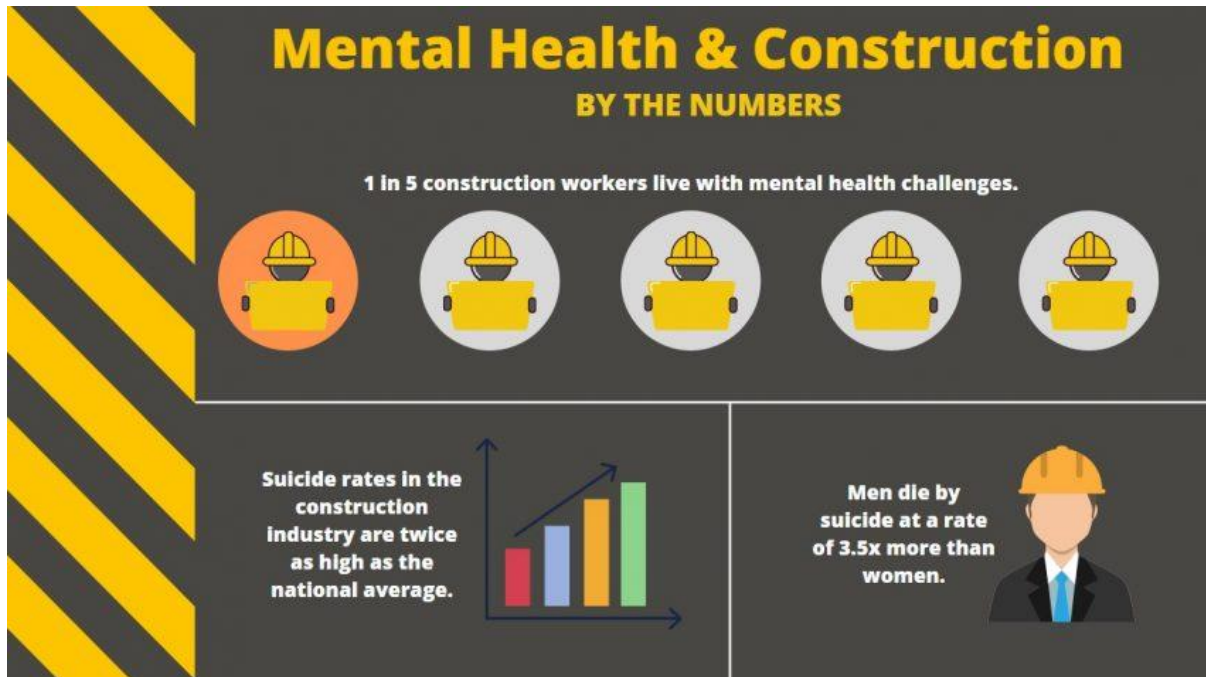
Fire Protection Association®

Renewal date: 28/05/2026



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Toolbox Talk



How to Manage Stress at Work

- **Take breaks** – fatigue leads to mistakes and accidents.
- **Speak up early** – if work pressures are becoming too much, talk to your line manager.
- **Look out for each other** – if you notice a colleague struggling, check in with them.
- **Use support available** – CBS Ltd is working towards training Mental Health First Aiders and providing confidential support routes.
- **Respect each other** – bullying and harassment will not be tolerated.

Key Takeaway

Your mental health is just as important as your physical safety. Stress is not a weakness—it's a hazard that we must **identify, control, and manage together**.

Confirmation Questions

1. What should you do if you feel overwhelmed by work pressures on site?
2. Name one workplace hazard that can increase stress levels in construction