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# Mental Health Struggles of Hard Hat Industry Workers Uncovered

## Description

A staggering 94% of professionals in the 'hard hat' industries report major mental health challenges, including stress, anxiety, depression, and loneliness. This is according to new research from hydraulic hose replacement specialist Pirtek UK & Ireland.

The research highlights the scale of mental health issues in heavy industries from a worker's perspective:

- **Stress:** 75% of respondents
- **Anxiety:** 62%
- **Depression:** 43%
- **Loneliness:** 41%

Worryingly, 14 out of every 100 workers have cited feelings of self-harm or suicide. The Office of National Statistics reported 34 suicides per 100,000 in the construction industry, equating to 7,000 workers out of every 100,000 experiencing suicidal thoughts.

Martyn Smart, Group QHSE Manager at Pirtek UK & Ireland, said, "It's incredibly worrying that so many of our survey respondents have reported challenges with their mental health. Professionals in these sectors face many hazards daily, but it's important to remember that mental health risks in the workplace must also be assessed to correctly measure the level of risk to workers."

As a result of these mental health challenges, four out of ten professionals in the hard hat industries have taken time off work. The national average for time taken off work for mental health reasons is 12.4%, whereas Pirtek's research found this to be over three times higher (39.5%) for the hard hat industries.

Despite these challenges, Pirtek found that:

- **25%** of respondents would never discuss their mental health with colleagues.
- **28.9%** have spoken about their mental health with peers but felt uncomfortable.
- **59%** stated their workplace had mental health support in place.
- **41%** reported no support or were unaware of it.
- **35%** have utilised external professional services for mental health support.

Adam Burrows, Managing Director of Pirtek UK & Ireland, said, "It's believed that one in every two people will develop a mental health disorder in their lifetime. Despite the growth in awareness towards mental health in recent years, our research has found that there is still much more work to be done. It's vital that we continue to drive awareness and ensure the correct support is in place for every individual to access, should they need to."

Lucas Whitehead, Head of Marketing & Partnerships at Andy's Man Club, charity partner for

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Pirtek's Under the Hard Hat, said, "The results from Pirtek's research highlight the scale of the mental health problem in heavy industries. Mental health does not just impact the individual in question; it can have a profound impact on an individual's friends, family, coworkers, and colleagues. Mental health challenges are indiscriminate, targeting everyone regardless of their chosen gender, race, or creed."

He continues, "If we are to cultivate a culture where open discussions about mental health can be had, free from any judgement or stigma, it's vital that we all work together. We need to ensure that those struggling are not alone and there is support available should they need it. We have an opportunity to make real and lasting change for the many people working in the hard hat industries; it's important that we are all in it together."

## **CATEGORY**

1. Health

## **POST TAG**

1. Andy's Man Club
2. Mental Health
3. Mental Health Support
4. Office of National Statistics
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