



MORE THAN MUSCLE: SUPPORTING MENTAL WELLNESS ON THE JOBSITE

You can spot a cracked scaffold or exposed wire from across the yard. But signs of burnout, stress, or substance misuse? Those are harder to see, and easier to ignore.

At HiTech Painting, Inc., we've learned that real safety goes beyond harnesses and helmets. Construction workers are tough, but that doesn't make them invincible. Behind every paint sprayer and respirator is a person managing life beyond the jobsite, and sometimes, that load gets heavy.

The Stats Speak Volumes

According to national data, construction workers face a mental health crisis that's often overlooked:

- They are nearly twice as likely to suffer from depression than the general population.
- Suicide rates in the construction industry are 4x the national average.
- And drug overdoses are quietly becoming one of the leading causes of jobsite death.

And yet... no one talks about it.

The Cost of Silence

We've seen it ourselves, good workers going through something tough and trying to push through without help. Maybe they're fatigued and distracted. Maybe they've missed a few days and nobody's sure why. Maybe they just seem off.

Left unaddressed, these moments can lead to accidents, absenteeism, or worse.

That's why HiTech is shifting the conversation. We believe safety talks should include stress, sleep, and sobriety, because those things directly affect performance and protection.

A Culture of Support

This isn't about checklists. It's about culture.

At HiTech, we're building a team where:

- Foremen check in with their crews, not just their clipboards.
- Toolbox talks include moments for personal check-ins, not just procedures.
- Asking for help is treated as a strength, not a liability.
- Workers struggling with substance issues are given direction, not dismissal.

We also work with our clients to ensure site policies support, not punish, workers who may be dealing with personal challenges.

Let's Change the Way We Think About Jobsite Safety

If your project depends on sharp, reliable workers, you need to support them fully, physically and mentally.

HiTech Painting, Inc. is leading the way in building sites where mental health isn't taboo, and wellness is part of the workflow. We're not just delivering a service. We're showing up with a team that's equipped, supported, and ready to work.

Partner with HiTech and invest in a workforce that lasts.

We're here to protect your people and your project, one honest conversation at a time.

